

2011 Compendium of Physical Activities: a second update of codes and MET values

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The Safe Exercise at Every Stage (SEES) Development Team has gained approval to display the following information in MET (Metabolic Equivalent) order from the authors of the 2011 Compendium of Physical Activity. For more information on the Compendium, visit <https://sites.google.com/site/compendiumofphysicalactivities/>

CODE	METS	MAJOR HEADING	SPECIFIC EXERCISE
07030	0.95	inactivity quiet/light	sleeping
07010	1.0	inactivity quiet/light	lying quietly and watching television
07075	1.0	inactivity quiet/light	meditating
09025	1.0	miscellaneous	laughing, sitting
09045	1.0	miscellaneous	sitting, playing traditional video game, computer game
02135	1.3	conditioning exercise	whirlpool, sitting
05080	1.3	home activities	knitting, sewing, light effort, wrapping presents, sitting
07011	1.3	inactivity quiet/light	lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
07020	1.3	inactivity quiet/light	sitting quietly and watching television
07021	1.3	inactivity quiet/light	sitting quietly, general
07024	1.3	inactivity quiet/light	sitting, smoking
07026	1.3	inactivity quiet/light	sitting at a desk, resting head in hands
07040	1.3	inactivity quiet/light	standing quietly, standing in a line
07050	1.3	inactivity quiet/light	reclining, writing
07060	1.3	inactivity quiet/light	reclining, talking or talking on phone
07070	1.3	inactivity quiet/light	reclining, reading
09030	1.3	miscellaneous	sitting, reading, book, newspaper, etc.
09040	1.3	miscellaneous	sitting, writing, desk work, typing
09060	1.3	miscellaneous	sitting, studying, general, including reading and/or writing, light effort
11220	1.3	occupation	farming, milking by machine, light effort

11527	1.3	occupation	police, riding in a squad car, sitting
11770	1.3	occupation	typing, electric, manual or computer
13046	1.3	self care	having hair or nails done by someone else, sitting
14030	1.3	sexual activity	passive, light effort, kissing, hugging
16015	1.3	transportation	riding in a car or truck
16016	1.3	transportation	riding in a bus or train
18012	1.3	water activities	boating, power, passenger, light
20000	1.3	religious activities	sitting in church, in service, attending a ceremony, sitting quietly
20010	1.3	religious activities	sitting, reading religious materials at home
20015	1.3	religious activities	standing quietly in church, attending a ceremony
20025	1.3	religious activities	kneeling in church or at home, praying
20100	1.3	religious activities	typing, electric, manual, or computer
21035	1.3	volunteer activities	typing, electric, manual, or computer
05188	1.5	home activities	reclining with baby
07022	1.5	inactivity quiet/light	sitting quietly, fidgeting, general, fidgeting hands
07025	1.5	inactivity quiet/light	sitting, listening to music (not talking or reading) or watching a movie in a theater
08230	1.5	lawn and garden	watering lawn or garden, standing or walking
09000	1.5	miscellaneous	board game playing, sitting
09010	1.5	miscellaneous	card playing, sitting
09013	1.5	miscellaneous	chess game, sitting
09015	1.5	miscellaneous	copying documents, standing
09055	1.5	miscellaneous	sitting, talking in person, on the phone, computer, or text messaging, light effort
09115	1.5	miscellaneous	sitting at a sporting event, spectator
11580	1.5	occupation	sitting tasks, light effort (e.g., office work, chemistry lab work, computer work, light assembly repair, watch repair, reading, desk work)
11585	1.5	occupation	sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting)
13010	1.5	self care	bathing, sitting
13030	1.5	self care	eating, sitting

13036	1.5	self care	taking medication, sitting or standing
15672	1.5	sports	tai chi, qi gong, sitting, light effort
20050	1.5	religious activities	eating at church
21000	1.5	volunteer activities	sitting, meeting, general, and/or with talking involved
21005	1.5	volunteer activities	sitting, light office work, in general
04061	1.8	fishing and hunting	fishing, jog or line, standing, general
05041	1.8	home activities	wash dishes, standing or in general (not broken into stand/walk components)
05070	1.8	home activities	ironing
07023	1.8	inactivity quiet/light	sitting, fidgeting feet
07041	1.8	inactivity quiet/light	standing, fidgeting
09020	1.8	miscellaneous	drawing, writing, painting, standing
09050	1.8	miscellaneous	standing, talking in person, on the phone, computer, or text messaging, light effort
09065	1.8	miscellaneous	sitting, in class, general, including note-taking or class discussion
09070	1.8	miscellaneous	standing, reading
09075	1.8	miscellaneous	sitting, arts and crafts, carving wood, weaving, spinning wool, light effort
09100	1.8	miscellaneous	retreat/family reunion activities involving sitting, relaxing, talking, eating
10010	1.8	music playing	accordion, sitting
10060	1.8	music playing	horn, standing
10090	1.8	music playing	trumpet, standing
10110	1.8	music playing	woodwind, sitting
11135	1.8	occupation	engineer (e.g., mechanical or electrical)
11378	1.8	occupation	hairstylist (e.g., plaiting hair, manicure, make-up artist)
11472	1.8	occupation	manager, property
11740	1.8	occupation	tailoring, hand sewing
13009	1.8	self care	sitting on toilet, eliminating while standing or squatting
14020	1.8	sexual activity	general, moderate effort
15408	1.8	sports	horse cart, driving, standing or sitting
16020	1.8	transportation	flying airplane or helicopter

20005	1.8	religious activities	sitting in church, talking or singing, attending a ceremony, sitting, active participation
20030	1.8	religious activities	standing, talking in church
02170	2.0	conditioning exercise	yoga, Nadisodhana
04030	2.0	fishing and hunting	fishing from boat or canoe, sitting
04060	2.0	fishing and hunting	fishing, ice, sitting
04086	2.0	fishing and hunting	hunting large game from a car, plane, or boat
04124	2.0	fishing and hunting	trapping game, general
05050	2.0	home activities	cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliances, light effort
05090	2.0	home activities	laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
05131	2.0	home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, light effort
05160	2.0	home activities	standing, light effort tasks (pump gas, change light bulb, etc.)
05183	2.0	home activities	standing, holding child
05185	2.0	home activities	child care, sitting/kneeling (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), light effort, general
05189	2.0	home activities	breastfeeding, sitting or reclining
06205	2.0	home repair	sharpening tools
06225	2.0	home repair	washing and waxing car
08135	2.0	lawn and garden	planting, potting, transplanting seedlings or plants, light effort
09105	2.0	miscellaneous	touring/traveling/vacation involving riding in a vehicle
10050	2.0	music playing	flute, sitting
10074	2.0	music playing	playing musical instruments, general
10077	2.0	music playing	organ, sitting
10120	2.0	music playing	guitar, classical, folk, sitting
11015	2.0	occupation	bakery, light effort
11035	2.0	occupation	building road, directing traffic, standing
11147	2.0	occupation	farming, light effort (e.g., cleaning animal sheds, preparing animal feed)

11520	2.0	occupation	printing, paper industry worker, standing
11530	2.0	occupation	shoe repair, general
11763	2.0	occupation	tailoring, weaving, light effort (e.g., finishing operations, washing, dyeing, inspecting cloth, counting yards, paperwork)
11767	2.0	occupation	truck, driving delivery truck, taxi, shuttlebus, school bus
11791	2.0	occupation	walking on job, less than 2.0 mph, very slow speed, in office or lab area
13035	2.0	self care	talking and eating or eating only, standing
13040	2.0	self care	grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
13050	2.0	self care	showering, toweling off, standing
17150	2.0	walking	walking, household
17151	2.0	walking	walking, less than 2.0 mph, level, strolling, very slow
19011	2.0	winter activities	ice fishing, sitting
19202	2.0	winter activities	snowmobiling, passenger
20001	2.0	religious activities	sitting, playing an instrument at church
20020	2.0	religious activities	standing, singing in church, attending a ceremony, standing, active participation
20035	2.0	religious activities	walking in church
20036	2.0	religious activities	walking, less than 2.0 mph, very slow
20039	2.0	religious activities	walk/stand combination for religious purposes, usher
20046	2.0	religious activities	preparing food at church
20055	2.0	religious activities	eating/talking at church or standing eating, American Indian Feast days
21016	2.0	volunteer activities	sitting, child care, only active periods
21040	2.0	volunteer activities	walking, less than 2.0 mph, very slow
05170	2.2	home activities	sitting, playing with child(ren), light effort, only active periods
02001	2.3	conditioning exercise	activity promoting video game (e.g., Wii Fit), light effort (e.g., balance, yoga)
02101	2.3	conditioning exercise	stretching, mild
02140	2.3	conditioning exercise	video exercise workouts, TV conditioning programs (e.g., yoga, stretching), light effort
04065	2.3	fishing and hunting	fishing with a spear, standing

04140	2.3	fishing and hunting	rifle exercises, shooting, lying down
05011	2.3	home activities	cleaning, sweeping, slow, light effort
05032	2.3	home activities	dusting or polishing furniture, general
05046	2.3	home activities	cutting and smoking fish, drying fish or meat
05060	2.3	home activities	food shopping with or without a grocery cart, standing or walking
05065	2.3	home activities	non-food shopping, with or without a cart, standing or walking
05095	2.3	home activities	laundry, putting away clothes, gathering clothes to pack, putting away laundry, implied walking
05182	2.3	home activities	walking and carrying small child, child weighing less than 15 lbs
05197	2.3	home activities	animal care, household animals, general
05205	2.3	home activities	elder care, disabled adult, feeding, combing hair, light effort, only active periods
06074	2.3	home repair	carpentry, home remodeling tasks, light effort
08065	2.3	lawn and garden	gardening, using containers, older adults > 60 years
10020	2.3	music playing	cello, sitting
10030	2.3	music playing	conducting orchestra, standing
10070	2.3	music playing	piano, sitting
11003	2.3	occupation	active workstation, treadmill desk, walking
11020	2.3	occupation	bookbinding
11125	2.3	occupation	custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
11529	2.3	occupation	postal carrier, walking to deliver mail
11720	2.3	occupation	tailoring, cutting fabric
13000	2.3	self care	getting ready for bed, general, standing
17021	2.3	walking	carrying 15 lb child, slow walking
18352	2.3	water activities	tubing, floating on a river, general
21015	2.3	volunteer activities	standing, light work (filing, talking, assembling)
02150	2.5	conditioning exercise	yoga, Hatha
04070	2.5	fishing and hunting	hunting, bow and arrow, or crossbow
04085	2.5	fishing and hunting	hunting large game, from a hunting stand, limited walking
04090	2.5	fishing and hunting	hunting, duck, wading

04130	2.5	fishing and hunting	pistol shooting or trap shooting, standing
04145	2.5	fishing and hunting	rifle exercises, shooting, kneeling or standing
05023	2.5	home activities	mopping, standing, light effort
05040	2.5	home activities	cleaning, general (straightening up, changing linen, carrying out trash, light effort
05042	2.5	home activities	wash dishes, clearing dishes from table, walking, light effort
05051	2.5	home activities	serving food, setting table, implied walking or standing
05052	2.5	home activities	cooking or food preparation, walking
05053	2.5	home activities	feeding household animals
05055	2.5	home activities	putting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying packages
05148	2.5	home activities	watering plants
05149	2.5	home activities	building a fire inside
05184	2.5	home activities	child care, infant, general
05190	2.5	home activities	sit, playing with animals, light effort, only active periods
06126	2.5	home repair	home repair, general, light effort
08100	2.5	lawn and garden	mowing lawn, riding mower (Taylor Code 550)
08130	2.5	lawn and garden	operating snow blower, walking
09005	2.5	miscellaneous	casino gambling, standing
09071	2.5	miscellaneous	standing, miscellaneous
09085	2.5	miscellaneous	standing, arts and crafts, sand painting, carving, weaving, light effort
09110	2.5	miscellaneous	camping involving standing, walking, sitting, light-to-moderate effort
10035	2.5	music playing	double bass, standing
10100	2.5	music playing	violin, sitting
11038	2.5	occupation	carpentry, general, light effort
11115	2.5	occupation	cook, chef
11482	2.5	occupation	masonry, concrete, light effort
11500	2.5	occupation	operating heavy duty equipment, automated, not driving
11525	2.5	occupation	police, directing traffic, standing
11526	2.5	occupation	police, driving a squad car, sitting

11590	2.5	occupation	sitting tasks, moderate effort (e.g., pushing heavy levers, riding mower/forklift, crane operation)
11730	2.5	occupation	tailoring, general
11750	2.5	occupation	tailoring, machine sewing
13020	2.5	self care	dressing, undressing, standing or sitting
13045	2.5	self care	hairstyling, standing
15080	2.5	sports	billiards
15180	2.5	sports	darts, wall or lawn
15235	2.5	sports	football or baseball, playing catch
16010	2.5	transportation	automobile or light truck (not a semi) driving
16050	2.5	transportation	truck, semi, tractor, > 1 ton, or bus, driving
17085	2.5	walking	bird watching, slow walk
17161	2.5	walking	walking from house to car or bus, from car or bus to go places, from car or bus to and from the worksite
17162	2.5	walking	walking to neighbor's house or family's house for social reasons
17280	2.5	walking	walking, to and from an outhouse
18010	2.5	water activities	boating, power, driving
18367	2.5	water activities	water walking, light effort, slow pace
19006	2.5	winter activities	dog sledding, passenger
19260	2.5	winter activities	snow blower, walking and pushing
20045	2.5	religious activities	serving food at church
21010	2.5	volunteer activities	sitting, moderate work
02024	2.8	conditioning exercise	calisthenics (e.g., situps, abdominal crunches), light effort
02112	2.8	conditioning exercise	therapeutic exercise ball, Fitball exercise
02115	2.8	conditioning exercise	upper body exercise, arm ergometer
05025	2.8	home activities	multiple household tasks all at once, light effort
05082	2.8	home activities	sewing with a machine
05171	2.8	home activities	standing, playing with child(ren) light effort, only active periods
05191	2.8	home activities	stand, playing with animals, light effort, only active periods
08055	2.8	lawn and garden	driving tractor
11170	2.8	occupation	farming, driving tasks (e.g., driving tractor or harvester)
11475	2.8	occupation	manual or unskilled labor, general, light effort

11593	2.8	occupation	sitting, teaching stretching or yoga, or light effort exercise class
14010	2.8	sexual activity	active, vigorous effort
16030	2.8	transportation	motor scooter, motorcycle
17152	2.8	walking	walking, 2.0 mph, level, slow pace, firm surface
18040	2.8	water activities	canoeing, rowing, 2.0-3.9 mph, light effort
02105	3.0	conditioning exercise	pilates, general
03040	3.0	dancing	ballroom, slow (e.g., waltz, foxtrot, slow dancing, samba, tango, 19 th century dance, mambo, cha cha)
04064	3.0	fishing and hunting	fishing, fishing wheel, setting net and retrieving fish, general
04095	3.0	fishing and hunting	hunting, flying fox, squirrel
05044	3.0	home activities	butchering animals, small
05057	3.0	home activities	cooking Indian bread on an outside stove
05147	3.0	home activities	implied walking, putting away household items, moderate effort
05181	3.0	home activities	walking and carrying small child, child weighing 15 lbs or more
05186	3.0	home activities	child care, standing (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), moderate effort
05192	3.0	home activities	walk/run, playing with animals, general, light effort, only active periods
06010	3.0	home repair	airplane repair
06040	3.0	home repair	carpentry, general, workshop (Taylor Code 620)
06124	3.0	home repair	hammering nails
06144	3.0	home repair	repairing appliances
06167	3.0	home repair	plumbing, general
06170	3.0	home repair	put on and removal of tarp - sailboat
08180	3.0	lawn and garden	riding snow blower
08220	3.0	lawn and garden	walking, applying fertilizer or seeding a lawn, push applicator
08251	3.0	lawn and garden	walking, gathering gardening tools
08260	3.0	lawn and garden	yard work, general, light effort
09080	3.0	miscellaneous	sitting, arts and crafts, carving wood, weaving, spinning wool, moderate effort

09101	3.0	miscellaneous	retreat/family reunion activities involving playing games with children
10045	3.0	music playing	drumming (e.g., bongo, conga, benbe), moderate, sitting
10125	3.0	music playing	guitar, rock and roll band, standing
11006	3.0	occupation	airline flight attendant
11413	3.0	occupation	kitchen maid
11420	3.0	occupation	locksmith
11430	3.0	occupation	machine tooling (e.g., machining, working sheet metal, machine fitter, operating lathe, welding) light-to-moderate effort
11516	3.0	occupation	plumbing activities
11600	3.0	occupation	standing tasks, light effort (e.g., bartending, store clerk, assembling, filing, duplicating, librarian, putting up a Christmas tree, standing and talking at work, changing clothes when teaching physical education, standing)
11610	3.0	occupation	standing, light/moderate effort (e.g., assemble/repair heavy parts, welding, stocking par
11796	3.0	occupation	walking, gathering things at work, ready to leave
11870	3.0	occupation	working in scene shop, theater actor, backstage employee
15090	3.0	sports	bowling (Taylor Code 390)
15240	3.0	sports	frisbee playing, general
15270	3.0	sports	golf, miniature, driving range
15410	3.0	sports	horseshoe pitching, quoits
15570	3.0	sports	shuffleboard
15670	3.0	sports	tai chi, qi gong, general
15720	3.0	sports	volleyball, non-competitive, 6 - 9 member team, general
17165	3.0	walking	walking the dog
17170	3.0	walking	walking, 2.5 mph, level, firm surface
18090	3.0	water activities	diving, springboard or platform
18120	3.0	water activities	sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
18220	3.0	water activities	surfing, body or board, general
18365	3.0	water activities	water volleyball
21017	3.0	volunteer activities	standing, child care, only active periods

21020	3.0	volunteer activities	standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture)
21070	3.0	volunteer activities	walk/stand combination, for volunteer purposes
05022	3.2	home activities	cleaning windows, washing windows, general
02180	3.3	conditioning exercise	yoga, Surya Namaskar
04115	3.3	fishing and hunting	hunting, birds
04123	3.3	fishing and hunting	hunting, pigs, wild
05010	3.3	home activities	cleaning, sweeping carpet or floors, general
05030	3.3	home activities	cleaning, house or cabin, general, moderate effort
05035	3.3	home activities	kitchen activity, general, (e.g., cooking, washing dishes, cleaning up), moderate effort
05043	3.3	home activities	vacuuming, general, moderate effort
05100	3.3	home activities	making bed, changing linens
06030	3.3	home repair	automobile repair, light or moderate effort
06060	3.3	home repair	carpentry, finishing or refinishing cabinets or furniture
06160	3.3	home repair	painting inside house, wallpapering, scraping paint
06240	3.3	home repair	wiring, tapping-splicing
08009	3.3	lawn and garden	carrying, loading or stacking wood, loading/unloading or carrying lumber, light-to-moderate effort
08250	3.3	lawn and garden	implied walking/standing - picking up yard, light, picking flowers or vegetables
09090	3.3	miscellaneous	standing, arts and crafts, sand painting, carving, weaving, moderate effort
11130	3.3	occupation	electrical work (e.g., hook up wire, tapping-splicing)
11418	3.3	occupation	laundry worker
11514	3.3	occupation	painting, house, furniture, moderate effort
15160	3.3	sports	croquet
15465	3.3	sports	lawn bowling, bocce ball, outdoor
15645	3.3	sports	sports spectator, very excited, emotional, physically moving
17180	3.3	walking	walking, 2.5 mph, downhill
18025	3.3	water activities	canoeing, harvesting wild rice, knocking rice off the stalks
18140	3.3	water activities	sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting, leisure

20047	3.3	religious activities	washing dishes, cleaning kitchen at church
20060	3.3	religious activities	cleaning church
01018	3.5	bicycling	bicycling, leisure, 5.5 mph
02011	3.5	conditioning exercise	bicycling, stationary, 30-50 watts, very light to light effort
02030	3.5	conditioning exercise	calisthenics, light or moderate effort, general (e.g., back exercises), going up & down from floor (Taylor Code 150)
02045	3.5	conditioning exercise	Curves™ exercise routines in women
02054	3.5	conditioning exercise	resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance
03060	3.5	dancing	Caribbean dance (Abakua, Beguine, Bellair, Bongo, Brukin's, Caribbean Quadrills, Dini)
04001	3.5	fishing and hunting	fishing, general
04040	3.5	fishing and hunting	fishing from river bank, standing (Taylor Code 660)
04062	3.5	fishing and hunting	fishing, dip net, setting net and retrieving fish, general
05020	3.5	home activities	cleaning, heavy or major (e.g. wash car, wash windows, clean garage), moderate effort
05021	3.5	home activities	cleaning, mopping, standing, moderate effort
05026	3.5	home activities	multiple household tasks all at once, moderate effort
05049	3.5	home activities	cooking or food preparation, moderate effort
05130	3.5	home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, moderate effort
05146	3.5	home activities	standing, packing/unpacking boxes, occasional lifting of lightweight household items, loading or unloading items in car, moderate effort
05165	3.5	home activities	walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)
05175	3.5	home activities	walking/running, playing with child(ren), moderate effort, only active periods
05195	3.5	home activities	standing, bathing dog
08025	3.5	lawn and garden	clearing light brush, thinning garden, moderate effort
08045	3.5	lawn and garden	digging, spading, filling garden, composting, light-to-moderate effort
08215	3.5	lawn and garden	trimming shrubs or trees, power cutter, using leaf blower, edge, moderate effort

08239	3.5	lawn and garden	weeding, cultivating garden, light-to-moderate effort
08246	3.5	lawn and garden	picking fruit off trees, picking fruits/vegetables, moderate effort
09095	3.5	miscellaneous	standing, arts and crafts, sand painting, carving, weaving, vigorous effort
09106	3.5	miscellaneous	touring/traveling/vacation involving walking
10080	3.5	music playing	trombone, standing
10135	3.5	music playing	marching band, drum major, walking
11180	3.5	occupation	farming, feeding small animals
11210	3.5	occupation	farming, milking by hand, cleaning pails, moderate effort
11247	3.5	occupation	fishing, commercial, light effort
11620	3.5	occupation	standing, moderate effort, intermittent lifting 50 lbs, hitch/twisting ropes
11760	3.5	occupation	tailoring, pressing
11792	3.5	occupation	walking on job, 3.0 mph, in office, moderate speed, not carrying anything
11795	3.5	occupation	walking on job, 2.5 mph, slow speed and carrying light objects less than 25 lbs
11805	3.5	occupation	walking, pushing a wheelchair
15290	3.5	sports	golf, using power cart (Taylor Code 070)
15340	3.5	sports	hang gliding
15600	3.5	sports	skydiving, base jumping, bungee jumping
15700	3.5	sports	trampoline, recreational
16060	3.5	transportation	walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface
17031	3.5	walking	loading /unloading a car, implied walking
17070	3.5	walking	descending stairs
17160	3.5	walking	walking for pleasure (Taylor Code 010)
17190	3.5	walking	walking, 2.8 to 3.2 mph, level, moderate pace, firm surface
17250	3.5	walking	walking, for pleasure, work break
18070	3.5	water activities	canoeing, rowing, for pleasure, general (Taylor Code 250)
18350	3.5	water activities	swimming, treading water, moderate effort, general
19200	3.5	winter activities	snowmobiling, driving, moderate

20037	3.5	religious activities	walking, 3.0 mph, moderate speed, not carrying anything
20065	3.5	religious activities	standing, moderate effort (e.g., lifting heavy objects, assembling at fast rate)
21018	3.5	volunteer activities	walk/run play with children, moderate, only active periods
21025	3.5	volunteer activities	standing, moderate (lifting 50 lbs., assembling at fast rate)
21045	3.5	volunteer activities	walking, 3.0 mph, moderate speed, not carrying anything
21055	3.5	volunteer activities	walking, 2.5 mph slowly and carrying objects less than 25 lbs
02003	3.8	conditioning exercise	activity promoting video game (e.g., Wii Fit), moderate effort (e.g., aerobic, resistance)
02022	3.8	conditioning exercise	calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort
02064	3.8	conditioning exercise	home exercise, general
04063	3.8	fishing and hunting	fishing, set net, setting net and retrieving fish, general
05012	3.8	home activities	cleaning, sweeping, slow, moderate effort
06052	3.8	home repair	carpentry, outside house, building a fence
06140	3.8	home repair	laying tile or linoleum, repairing appliances
08160	3.8	lawn and garden	raking lawn or leaves, moderate effort
08245	3.8	lawn and garden	gardening, general, moderate effort
10040	3.8	music playing	drums, sitting
11126	3.8	occupation	custodial work, moderate effort (e.g., electric buffer, feathering arena floors, mopping, taking out trash, vacuuming)
11195	3.8	occupation	farming, rice, planting, grain milling activities
11410	3.8	occupation	horse racing, walking
11797	3.8	occupation	walking, 2.5 mph, slow speed, carrying heavy objects more than 25 lbs
15092	3.8	sports	bowling, indoor, bowling alley
15300	3.8	sports	gymnastics, general
15400	3.8	sports	horseback riding, walking
17105	3.8	walking	pushing a wheelchair, non-occupational
01010	4.0	bicycling	bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)
02143	4.0	conditioning exercise	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), moderate effort

02160	4.0	conditioning exercise	yoga, Power
04007	4.0	fishing and hunting	fishing, catching fish with hands
04020	4.0	fishing and hunting	fishing from river bank and walking
04083	4.0	fishing and hunting	hunting large marine animals
05048	4.0	home activities	tanning hides, general
05092	4.0	home activities	laundry, hanging wash, washing clothes by hand, moderate effort
05140	4.0	home activities	sweeping garage, sidewalk or outside of house
05193	4.0	home activities	walk/run, playing with animals, moderate effort, only active periods
05200	4.0	home activities	elder care, disabled adult, bathing, dressing, moving into and out of bed, only active periods
06020	4.0	home repair	automobile body work
06072	4.0	home repair	carpentry, home remodeling tasks, moderate effort
08070	4.0	lawn and garden	irrigation channels, opening and closing ports
08165	4.0	lawn and garden	raking lawn (Taylor Code 600)
08170	4.0	lawn and garden	raking roof with snow rake
08190	4.0	lawn and garden	sacking grass, leaves
08210	4.0	lawn and garden	trimming shrubs or trees, manual cutter
08261	4.0	lawn and garden	yard work, general, moderate effort
10130	4.0	music playing	marching band, baton twirling, walking, moderate pace, general
11010	4.0	occupation	bakery, general, moderate effort
11070	4.0	occupation	chambermaid, hotel housekeeper, making bed, cleaning bathroom, pushing cart
11120	4.0	occupation	construction, outside, remodeling, new structures (e.g., roof repair, miscellaneous)
11375	4.0	occupation	garbage collector, walking, dumping bins into truck
11415	4.0	occupation	lawn keeper, yard work, general
11485	4.0	occupation	massage therapist, standing
11528	4.0	occupation	police, making an arrest, standing

11765	4.0	occupation	tailoring, weaving, moderate effort (e.g., spinning and weaving operations, delivering boxes of yam to spinners, loading of warp beam, pinwinding, conewinding, warping, cloth cutting)
15140	4.0	sports	coaching, football, soccer, basketball, baseball, swimming, etc.
15170	4.0	sports	curling
15232	4.0	sports	football, touch, flag, light effort
15310	4.0	sports	hacky sack
15335	4.0	sports	high ropes course, multiple elements
15440	4.0	sports	juggling
15470	4.0	sports	moto-cross, off-road motor sports, all-terrain vehicle, general
15542	4.0	sports	rodeo sports, general, light effort
15625	4.0	sports	softball, practice
15630	4.0	sports	softball, officiating
15660	4.0	sports	table tennis, ping pong (Taylor Code 410)
15710	4.0	sports	volleyball (Taylor Code 400)
15732	4.0	sports	track and field (e.g., shot, discus, hammer throw)
17100	4.0	walking	pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
17133	4.0	walking	stair climbing, slow pace
17270	4.0	walking	walking, to work or class (Taylor Code 015)
18020	4.0	water activities	canoeing, on camping trip (Taylor Code 270)
18110	4.0	water activities	paddle boat
20061	4.0	religious activities	general yard work at church
02035	4.3	conditioning exercise	circuit training, moderate effort
02117	4.3	conditioning exercise	upper body exercise, stationary bicycle - Airdyne (arms only) 40 rpm, moderate
04010	4.3	fishing and hunting	fishing related, digging worms, with shovel
05027	4.3	home activities	multiple household tasks all at once, vigorous effort
08140	4.3	lawn and garden	planting seedlings, shrub, stooping, moderate effort
08145	4.3	lawn and garden	planting crops or garden, stooping, moderate effort
11040	4.3	occupation	carpentry, general, moderate effort
11190	4.3	occupation	farming, feeding cattle, horses

11191	4.3	occupation	farming, hauling water for animals, general hauling water, farming, general hauling water
11381	4.3	occupation	horse, feeding, watering, cleaning stalls, implied walking and lifting loads
11480	4.3	occupation	masonry, concrete, moderate effort
11793	4.3	occupation	walking on job, 3.5 mph, in office, brisk speed, not carrying anything
15010	4.3	sports	archery, non-hunting
15265	4.3	sports	golf, walking, carrying clubs
15375	4.3	sports	horse chores, feeding, watering, cleaning stalls, implied walking and lifting loads
17200	4.3	walking	walking, 3.5 mph, level, brisk, firm surface, walking for exercise
19150	4.3	winter activities	skiing, downhill, alpine or snowboarding, light effort, active time only
20038	4.3	religious activities	walking, 3.5 mph, brisk speed, not carrying anything
21050	4.3	volunteer activities	walking, 3.5 mph, brisk speed, not carrying anything
03025	4.5	dancing	ethnic or cultural dancing (e.g., Greek, Middle Eastern, hula, salsa, merengue, bamba y plena, flamenco, belly, and swing)
04005	4.5	fishing and hunting	fishing, crab fishing
05024	4.5	home activities	polishing floors, standing, walking slowly, using electric polishing machine
06090	4.5	home repair	caulking, except log cabin
06127	4.5	home repair	home repair, general, moderate effort
06130	4.5	home repair	laying or removing carpet
06165	4.5	home repair	painting, (Taylor Code 630)
06190	4.5	home repair	sanding floors with a power sander
06200	4.5	home repair	scraping and painting sailboat or powerboat
06220	4.5	home repair	washing and waxing hull of sailboat or airplane
06230	4.5	home repair	washing fence, painting fence, moderate effort
08019	4.5	lawn and garden	chopping wood, splitting logs, moderate effort
08125	4.5	lawn and garden	mowing lawn, power mower, light or moderate effort (Taylor Code 590)

08150	4.5	lawn and garden	planting trees
08240	4.5	lawn and garden	weeding, cultivating garden (Taylor Code 580)
08248	4.5	lawn and garden	picking fruit off trees, gleaning fruits, picking fruits/vegetables, climbing ladder to pick fruit, vigorous effort
11192	4.5	occupation	farming, taking care of animals (e.g., grooming, brushing, shearing sheep, assisting with birthing, medical care, branding), general
11264	4.5	occupation	forestry, moderate effort (e.g., sawing wood with power saw, weeding, hoeing)
11370	4.5	occupation	furriery
11476	4.5	occupation	manual or unskilled labor, general, moderate effort
11510	4.5	occupation	orange grove work, picking fruit
11615	4.5	occupation	standing, moderate effort, lifting items continuously, 10 – 20 lbs, with limited walking or resting
11630	4.5	occupation	standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging)
11800	4.5	occupation	walking, 3.0 mph, moderately and carrying light objects less than 25 lbs
12027	4.5	running	jogging, on a mini-tramp
15070	4.5	sports	basketball, shooting baskets
15380	4.5	sports	saddling, cleaning, grooming, harnessing and unharnessing horse
15685	4.5	sports	tennis, doubles
15702	4.5	sports	trampoline, competitive
17088	4.5	walking	marching, moderate speed, military, no pack
17262	4.5	walking	walking, normal pace, plowed field or sand
18130	4.5	water activities	sailing, in competition
18368	4.5	water activities	water walking, moderate effort, moderate pace
20095	4.5	religious activities	Standing, moderate-to-heavy effort, manual labor, lifting \geq 50 lbs, heavy maintenance
21030	4.5	volunteer activities	standing, moderate/heavy work
21060	4.5	volunteer activities	walking, 3.0 mph moderately and carrying objects less than 25 lbs, pushing something

02017	4.8	conditioning exercise	bicycling, stationary, 51-89 watts, light-to-moderate effort
02071	4.8	conditioning exercise	rowing, stationary, general, moderate effort
03014	4.8	dancing	tap
05125	4.8	home activities	organizing room
11146	4.8	occupation	farming, moderate effort (e.g., feeding animals, chasing cattle by walking and/or horseback, spreading manure, harvesting crops)
11810	4.8	occupation	walking, 3.5 mph, briskly and carrying objects less than 25 lbs
15150	4.8	sports	cricket, batting, bowling, fielding
15255	4.8	sports	golf, general
17260	4.8	walking	walking, grass track
17302	4.8	walking	walking, for exercise, 3.5 to 4 mph, with ski poles, Nordic walking, level, moderate pace
18255	4.8	water activities	swimming, backstroke, recreational
21065	4.8	volunteer activities	walking, 3.5 mph, briskly and carrying objects less than 25 lbs
01070	5.0	bicycling	unicycling
02008	5.0	conditioning exercise	army type obstacle course exercise, boot camp training program
02048	5.0	conditioning exercise	Elliptical trainer, moderate effort
02052	5.0	conditioning exercise	resistance (weight) training, squats , slow or explosive effort
02061	5.0	conditioning exercise	health club exercise classes, general, gym/weight training combined in one visit
03010	5.0	dancing	ballet, modern, or jazz, general, rehearsal or class
03020	5.0	dancing	aerobic, low impact
04100	5.0	fishing and hunting	hunting, general
04120	5.0	fishing and hunting	hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)
05110	5.0	home activities	maple syruping/sugar bushing (including carrying buckets, carrying wood)
05121	5.0	home activities	moving, lifting light loads
05194	5.0	home activities	walk/run, playing with animals, vigorous effort, only active periods
06080	5.0	home repair	caulking, chinking log cabin

06100	5.0	home repair	cleaning gutters
06110	5.0	home repair	excavating garage
06120	5.0	home repair	hanging storm windows
06122	5.0	home repair	hanging sheet rock inside house
06150	5.0	home repair	painting, outside home (Taylor Code 650)
06210	5.0	home repair	spreading dirt with a shovel
08040	5.0	lawn and garden	digging sandbox, shoveling sand
08050	5.0	lawn and garden	digging, spading, filling garden, compositing, (Taylor Code 590)
08090	5.0	lawn and garden	laying sod
08120	5.0	lawn and garden	mowing lawn, walk, power mower, moderate or vigorous effort
08241	5.0	lawn and garden	weeding, cultivating garden, using a hoe, moderate-to-vigorous effort
11090	5.0	occupation	coal mining, erecting supports
11248	5.0	occupation	fishing, commercial, moderate effort
11260	5.0	occupation	forestry, ax chopping, slow, 1.25 kg axe, 19 blows/min, moderate effort
11450	5.0	occupation	Machine tooling, operating punch press, moderate effort
11560	5.0	occupation	shoveling, less than 10 lbs/minute, moderate effort
11820	5.0	occupation	walking or walk downstairs or standing, carrying objects about 25 to 49 lbs
15540	5.0	sports	rock climbing, rappelling
15580	5.0	sports	skateboarding, general, moderate effort
15620	5.0	sports	softball or baseball, fast or slow pitch, general (Taylor Code 440)
15695	5.0	sports	tennis, hitting balls, non-game play, moderate effort
17020	5.0	walking	carrying 15 pound load (e.g. suitcase), level ground or downstairs
17026	5.0	walking	carrying 1 to 15 lb load, upstairs
17140	5.0	walking	using crutches
17220	5.0	walking	walking, 4.0 mph, level, firm surface, very brisk pace
18100	5.0	water activities	kayaking, moderate effort
18210	5.0	water activities	snorkeling (Taylor Code 310)

18222	5.0	water activities	surfing, body or board, competitive
18370	5.0	water activities	whitewater rafting, kayaking, or canoeing
18380	5.0	water activities	windsurfing, not pumping for speed
20040	5.0	religious activities	praise with dance or run, spiritual dancing in church
02120	5.3	conditioning exercise	water aerobics, water calisthenics, water exercise
02200	5.3	conditioning exercise	native New Zealander physical activities (e.g., Haka Powhiri, Moteatea, Waita Tira, Whakawatea, etc.), general, moderate effort
08058	5.3	lawn and garden	felling trees, small-medium size
08195	5.3	lawn and garden	shoveling snow, by hand, moderate effort
11080	5.3	occupation	coal mining, drilling coal, rock
11708	5.3	occupation	steel mill, moderate effort (e.g., fettling, forging, tipping molds)
15285	5.3	sports	golf, walking, pulling clubs
15425	5.3	sports	martial arts, different types, slower pace, novice performers, practice
17082	5.3	walking	hiking or walking at a normal pace through fields and hillsides
17210	5.3	walking	walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade
18265	5.3	water activities	swimming, breaststroke, recreational
19160	5.3	winter activities	skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
19190	5.3	winter activities	snow shoeing, moderate effort
19252	5.3	winter activities	snow shoveling, by hand, moderate effort
02060	5.5	conditioning exercise	health club exercise, general (Taylor Code 160)
03018	5.5	dancing	aerobic, step, with 4-inch step
03030	5.5	dancing	ballroom, fast (Taylor Code 125)
03050	5.5	dancing	Anishinaabe Jingle Dancing
08010	5.5	lawn and garden	carrying, loading or stacking wood, loading/unloading or carrying lumber
08095	5.5	lawn and garden	mowing lawn, general
08192	5.5	lawn and garden	shoveling dirt or mud
08255	5.5	lawn and garden	wheelbarrow, pushing garden cart or wheelbarrow
10131	5.5	music playing	marching band, playing an instrument, walking, brisk pace, general

11100	5.5	occupation	coal mining, general
15000	5.5	sports	Alaska Native Games, Eskimo Olympics, general
15030	5.5	sports	badminton, social singles and doubles, general
15110	5.5	sports	boxing, punching bag
15370	5.5	sports	horseback riding, general
15544	5.5	sports	rodeo sports, general, moderate effort
18355	5.5	water activities	water aerobics, water calisthenics
19020	5.5	winter activities	skating, ice, 9 mph or less
01013	5.8	bicycling	bicycling, on dirt or farm road, moderate pace
01019	5.8	bicycling	bicycling, leisure, 9.4 mph
05120	5.8	home activities	moving furniture, household items, carrying boxes
05180	5.8	home activities	walking/running, playing with child(ren), vigorous effort, only active periods
08060	5.8	lawn and garden	gardening with heavy power tools, tilling a garden, chain saw
11400	5.8	occupation	horse racing, trotting
15135	5.8	sports	children's games, adults playing (e.g., hopscotch, 4-square, dodgeball, playground app
15390	5.8	sports	horseback riding, trotting
15537	5.8	sports	rock climbing, ascending or traversing rock, low-to-moderate difficulty
18050	5.8	water activities	canoeing, rowing, 4.0-5.9 mph, moderate effort
18240	5.8	water activities	swimming laps, freestyle, front crawl, slow, light or moderate effort
21019	5.8	volunteer activities	walk/run play with children, vigorous, only active periods
02050	6.0	conditioning exercise	resistance training (weight lifting, free weight, nautilus or universal), power lifting or body building, vigorous effort (Taylor Code 210)
02070	6.0	conditioning exercise	rowing, stationary ergometer, general, vigorous effort
02090	6.0	conditioning exercise	slimnastics, jazzercise
02146	6.0	conditioning exercise	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), vigorous effort
04050	6.0	fishing and hunting	fishing in stream, in waders (Taylor Code 670)
04080	6.0	fishing and hunting	hunting, deer, elk, large game (Taylor Code 170)
04110	6.0	fishing and hunting	hunting, pheasants or grouse (Taylor Code 680)

05045	6.0	home activities	butchering animal, large, vigorous effort
06050	6.0	home repair	carpentry, outside house, installing rain gutters (Taylor Code 640),carpentry, outside house, building a fence
06070	6.0	home repair	carpentry, sawing hardwood
06128	6.0	home repair	home repair, general, vigorous effort
06180	6.0	home repair	roofing
08110	6.0	lawn and garden	mowing lawn, walk, hand mower (Taylor Code 570)
08200	6.0	lawn and garden	shovelling snow, by hand (Taylor Code 610)
08262	6.0	lawn and garden	yard work, general, vigorous effort
11030	6.0	occupation	building road, driving heavy machinery
12010	6.0	running	jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
12029	6.0	running	Running, 4 mph (15 min/mile)
15050	6.0	sports	basketball, non-game, general (Taylor Code 480)
15138	6.0	sports	cheerleading, gymnastic moves, competitive
15190	6.0	sports	drag racing, pushing or driving a car
15200	6.0	sports	fencing
15500	6.0	sports	paddleball, casual, general (Taylor Code 460)
15582	6.0	sports	skateboarding, competitive, vigorous effort
15640	6.0	sports	softball,pitching
15680	6.0	sports	tennis, doubles (Taylor Code 430)
15711	6.0	sports	volleyball, competitive, in gymnasium
15730	6.0	sports	wrestling (one match = 5 minutes)
15733	6.0	sports	track and field (e.g., high jump, long jump, triple jump, javelin, pole vault)
16040	6.0	transportation	pushing plane in and out of hangar
17027	6.0	walking	carrying 16 to 24 lb load, upstairs
17080	6.0	walking	hiking, cross country (Taylor Code 040)
17320	6.0	walking	walking, backwards, 3.5 mph, level
18150	6.0	water activities	skiing, water or wakeboarding (Taylor Code 220)
18225	6.0	water activities	paddle boarding, standing
18300	6.0	water activities	swimming, lake, ocean, river (Taylor Codes 280, 295)
18310	6.0	water activities	swimming, leisurely, not lap swimming, general

19010	6.0	winter activities	moving ice house, set up/drill holes
08020	6.3	lawn and garden	chopping wood, splitting logs, vigorous effort
08030	6.3	lawn and garden	clearing brush/land, undergrowth, or ground, hauling branches, wheelbarrow chores, vigorous effort
08080	6.3	lawn and garden	laying crushed rock
11110	6.3	occupation	coal mining, shoveling coal
11780	6.3	occupation	using heavy power tools such as pneumatic tools (e.g., jackhammers, drills)
15562	6.3	sports	rugby, touch, non-competitive
16035	6.3	transportation	pulling rickshaw
17033	6.3	walking	climbing hills, no load
05132	6.5	home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort
11477	6.5	occupation	manual or unskilled labor, general, vigorous effort
11570	6.5	occupation	shoveling, 10 to 15 lbs/minute, vigorous effort
11766	6.5	occupation	truck driving, loading and unloading truck, tying down load, standing, walking and carrying heavy loads
11830	6.5	occupation	walking or walk downstairs or standing, carrying objects about 50 to 74 lbs
15055	6.5	sports	basketball, general
17035	6.5	walking	climbing hills with 0 to 9 lb load
17110	6.5	walking	race walking
01011	6.8	bicycling	bicycling, to/from work, self selected pace
01020	6.8	bicycling	bicycling, 10-11.9 mph, leisure, slow, light effort
02012	6.8	conditioning exercise	bicycling, stationary, 90-100 watts, moderate to vigorous effort
02080	6.8	conditioning exercise	ski machine, general
02110	6.8	conditioning exercise	teaching exercise class (e.g., aerobic, water)
02205	6.8	conditioning exercise	native New Zealander physical activities (e.g., Haka, Taiahab), general, vigorous effort
03012	6.8	dancing	ballet, modern, or jazz, performance, vigorous effort
11244	6.8	occupation	fire fighter, rescue victim, automobile accident, using pike pole
17310	6.8	walking	walking, for exercise, with ski poles, Nordic walking, uphill

18369	6.8	water activities	water walking, vigorous effort, brisk pace
19080	6.8	winter activities	skiing, cross country, 2.5 mph, slow or light effort, ski walking
02010	7.0	conditioning exercise	bicycling, stationary, general
02072	7.0	conditioning exercise	rowing, stationary, 100 watts, moderate effort
11042	7.0	occupation	carpentry, general, heavy or vigorous effort
11249	7.0	occupation	fishing, commercial, vigorous effort
12020	7.0	running	jogging, general
15020	7.0	sports	badminton, competitive (Taylor Code 450)
15060	7.0	sports	basketball, officiating (Taylor Code 500)
15130	7.0	sports	broomball
15450	7.0	sports	kickball
15530	7.0	sports	racquetball, general (Taylor Code 470)
15546	7.0	sports	rodeo sports, general, vigorous effort
15590	7.0	sports	skating, roller (Taylor Code 360)
15610	7.0	sports	soccer, casual, general (Taylor Code 540)
15731	7.0	sports	wallyball, general
17010	7.0	walking	backpacking (Taylor Code 050)
17230	7.0	walking	walking, 4.5 mph, level, firm surface, very, very brisk
18030	7.0	water activities	canoeing, portaging
18160	7.0	water activities	jet skiing, driving, in water
18200	7.0	water activities	skindiving, scuba diving, general (Taylor Code 310)
18320	7.0	water activities	swimming, sidestroke, general
19030	7.0	winter activities	skating, ice, general (Taylor Code 360)
19060	7.0	winter activities	ski jumping, climb up carrying skis
19075	7.0	winter activities	skiing, general
19180	7.0	winter activities	sledding, tobogganing, bobsledding, luge (Taylor Code 370)
02005	7.2	conditioning exercise	activity promoting video/arcade game (e.g., Exergaming, Dance Dance Revolution), vigorous effort
03015	7.3	dancing	aerobic, general
03021	7.3	dancing	aerobic, high impact
11380	7.3	occupation	horse grooming, including feeding, cleaning stalls, bathing, brushing, clipping, longeing and exercising horses
11390	7.3	occupation	horse racing, galloping

15395	7.3	sports	horseback riding, canter or gallop
15652	7.3	sports	squash, general
15675	7.3	sports	tennis, general
17040	7.3	walking	climbing hills with 10 to 20 lb load
01015	7.5	bicycling	bicycling, general
03016	7.5	dancing	aerobic, step, with 6 - 8 inch step
05056	7.5	home activities	carrying groceries upstairs
08202	7.5	lawn and garden	shoveling snow, by hand, vigorous effort
11490	7.5	occupation	moving, carrying or pushing heavy objects, 75 lbs or more, only active time (e.g., desks, moving van work)
11840	7.5	occupation	walking or walk downstairs or standing, carrying objects about 75 to 99 lbs
15535	7.5	sports	rock climbing, ascending rock, high difficulty
15591	7.5	sports	rollerblading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
19005	7.5	winter activities	dog sledding, mushing
19254	7.5	winter activities	snow shoveling, by hand, vigorous effort
02062	7.8	conditioning exercise	health club exercise, conditioning classes
03031	7.8	dancing	general dancing (e.g., disco, folk, Irish step dancing, line dancing, polka, contra, country)
08052	7.8	lawn and garden	digging, spading, filling garden, composting, vigorous effort
11145	7.8	occupation	farming, vigorous effort (e.g., baling hay, cleaning barn)
11540	7.8	occupation	shoveling, digging ditches
15075	7.8	sports	basketball, wheelchair
15120	7.8	sports	boxing, sparring
15350	7.8	sports	hockey, field
17012	7.8	walking	backpacking, hiking or organized walking with a daypack
01030	8.0	bicycling	bicycling, 12-13.9 mph, leisure, moderate effort
02020	8.0	conditioning exercise	calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort
02040	8.0	conditioning exercise	circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
11050	8.0	occupation	carrying heavy loads (e.g., bricks, tools)

11060	8.0	occupation	carrying moderate loads up stairs, moving boxes 25-49 lbs
11240	8.0	occupation	fire fighter, general
11245	8.0	occupation	fire fighter, raising and climbing ladder with full gear, simulated fire suppression
11262	8.0	occupation	forestry, ax chopping, fast, 1.25 kg axe, 35 blows/min, vigorous effort
11266	8.0	occupation	forestry, vigorous effort (e.g., barking, felling, or trimming trees, carrying or stacking logs, planting seeds, sawing lumber by hand)
11790	8.0	occupation	using heavy tools (not power) such as shovel, pick, tunnel bar, spade
12025	8.0	running	jogging, in place
12150	8.0	running	running, (Taylor code 200)
12190	8.0	running	running, training, pushing a wheelchair or baby carrier
15040	8.0	sports	basketball, game (Taylor Code 490)
15142	8.0	sports	coaching, actively playing sport with players
15210	8.0	sports	football, competitive
15230	8.0	sports	football, touch, flag, general (Taylor Code 510)
15250	8.0	sports	frisbee, ultimate
15330	8.0	sports	handball, team
15360	8.0	sports	hockey, ice, general
15460	8.0	sports	lacrosse
15510	8.0	sports	polo, on horseback
15533	8.0	sports	rock or mountain climbing (Taylor Code 470) (Formerly code = 17120)
15690	8.0	sports	tennis, singles (Taylor Code 420)
15725	8.0	sports	volleyball, beach, in sand
17028	8.0	walking	carrying 25 to 49 lb load, upstairs
17090	8.0	walking	marching rapidly, military, no pack
17130	8.0	walking	stair climbing, using or climbing up ladder (Taylor Code 030)
17211	8.0	walking	walking, 2.9 to 3.5 mph, uphill, 6% to 15% grade
17325	8.0	walking	walking, backwards, 3.5 mph, uphill, 5% grade
18330	8.0	water activities	swimming, synchronized

19170	8.0	winter activities	skiing, downhill, vigorous effort, racing
08057	8.3	lawn and garden	felling trees, large size
11710	8.3	occupation	steel mill, vigorous effort (e.g., hand rolling, merchant mill rolling, removing slag, tending furnace)
12030	8.3	running	running, 5 mph (12 min/mile)
15560	8.3	sports	rugby, union, team, competitive
17025	8.3	walking	carrying load upstairs, general
17050	8.3	walking	climbing hills with 21 to 42 lb load
17231	8.3	walking	walking, 5.0 mph, level, firm surface
18290	8.3	water activities	swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
01008	8.5	bicycling	bicycling, BMX
01009	8.5	bicycling	bicycling, mountain, general
01065	8.5	bicycling	bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm
02019	8.5	conditioning exercise	bicycling, stationary, RPM/Spin bike class
02073	8.5	conditioning exercise	rowing, stationary, 150 watts, vigorous effort
03019	8.5	dancing	bench step class, general
11850	8.5	occupation	walking or walk downstairs or standing, carrying objects about 100 lbs or more
15192	8.5	sports	auto racing, open wheel
02013	8.8	conditioning exercise	bicycling, stationary, 101-160 watts, vigorous effort
11550	8.8	occupation	shoveling, more than 16 lbs/minute, deep digging, vigorous effort
15552	8.8	sports	rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
17134	8.8	walking	stair climbing, fast pace
01066	9.0	bicycling	bicycling, 12 mph, standing, hands on brake hoods, 60 rpm
02065	9.0	conditioning exercise	stair-treadmill ergometer, general
05150	9.0	home activities	moving household items upstairs, carrying boxes or furniture
11246	9.0	occupation	fire fighter, hauling hoses on ground, carrying/hoisting equipment, breaking down walls etc., wearing full gear
12040	9.0	running	running, 5.2 mph (11.5 min/mile)

12140	9.0	running	running, cross country
15402	9.0	sports	horseback riding, jumping
15480	9.0	sports	orienteering
17060	9.0	walking	climbing hills with 42+ lb load
19040	9.0	winter activities	skating, ice, rapidly, more than 9 mph, not competitive
19090	9.0	winter activities	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
15072	9.3	sports	basketball, drills, practice
03017	9.5	dancing	aerobic, step, with 10 - 12 inch step
04125	9.5	fishing and hunting	hunting, hiking with hunting gear
17305	9.5	walking	walking, for exercise, 5.0 mph, with ski poles, Nordic walking, level, fast pace
18250	9.5	water activities	swimming, backstroke, general, training or competition
12050	9.8	running	running, 6 mph (10 min/mile)
15592	9.8	sports	rollerblading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
17235	9.8	walking	walking, 5.0 mph, uphill, 3% grade
18230	9.8	water activities	swimming laps, freestyle, fast, vigorous effort
18340	9.8	water activities	swimming, treading water, fast, vigorous effort
18366	9.8	water activities	water jogging
01040	10.0	bicycling	bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort
03022	10.0	dancing	aerobic dance wearing 10-15 lb weights
12180	10.0	running	running, on a track, team practice
15362	10.0	sports	hockey, ice, competitive
15490	10.0	sports	paddleball, competitive
15520	10.0	sports	racquetball, competitive
15605	10.0	sports	soccer, competitive
15734	10.0	sports	track and field (e.g., steeplechase, hurdles)
17029	10.0	walking	carrying 50 to 74 lb load, upstairs
18280	10.0	water activities	swimming, crawl, fast speed, ~75 yards/minute, vigorous effort
18360	10.0	water activities	water polo
19192	10.0	winter activities	snow shoeing, vigorous effort

15430	10.3	sports	martial arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
18260	10.3	water activities	swimming, breaststroke, general, training or competition
12060	10.5	running	running, 6.7 mph (9 min/mile)
02014	11.0	conditioning exercise	bicycling, stationary, 161-200 watts, vigorous effort
02085	11.0	conditioning exercise	slide board exercise, general
12070	11.0	running	running, 7 mph (8.5 min/mile)
18385	11.0	water activities	windsurfing or kitesurfing, crossing trial
03038	11.3	dancing	ballroom dancing, competitive, general
04081	11.3	fishing and hunting	hunting large game, dragging carcass
12080	11.5	running	running, 7.5 mph (8 min/mile)
12090	11.8	running	running, 8 mph (7.5 min/mile)
15551	11.8	sports	rope jumping, moderate pace, 100-120 skips/min, general, 2 foot skip, plain bounce
18190	11.8	water activities	skindiving, moderate
01050	12.0	bicycling	bicycling, 16-19 mph, racing/not drafting or > 19 mph drafting, very fast, racing general
02074	12.0	conditioning exercise	rowing, stationary, 200 watts, very vigorous effort
11495	12.0	occupation	skindiving or SCUBA diving as a frogman, Navy Seal
15320	12.0	sports	handball, general (Taylor Code 520)
15420	12.0	sports	jai alai
15650	12.0	sports	squash (Taylor Code 530)
17030	12.0	walking	carrying > 74 lb load, upstairs
18080	12.0	water activities	canoeing, rowing, in competition, or crew or sculling (Taylor Code 260)
02068	12.3	conditioning exercise	rope skipping, general
12100	12.3	running	running, 8.6 mph (7 min/mile)
15550	12.3	sports	rope jumping, fast pace, 120-160 skips/min
15593	12.3	sports	rollerblading, in-line skating, 21.0 to 21.7 km/h (13.0 to 13.6 mph), fast pace, exercise training
18060	12.5	water activities	canoeing, rowing, kayaking, competition, >6 mph, vigorous effort
19100	12.5	winter activities	skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort

19175	12.5	winter activities	skiing, roller, elite racers
12110	12.8	running	running, 9 mph (6.5 min/mile)
15100	12.8	sports	boxing, in ring, general
12200	13.3	running	running, marathon
19050	13.3	winter activities	skating, speed, competitive
19135	13.3	winter activities	skiing, cross-country, skating
18390	13.5	water activities	windsurfing, competition, pumping for speed
19140	13.5	winter activities	skiing, cross-country, biathlon, skating technique
18270	13.8	water activities	swimming, butterfly, general
01003	14.0	bicycling	bicycling, mountain, uphill, vigorous
02015	14.0	conditioning exercise	bicycling, stationary, 201-270 watts, very vigorous effort
15594	14.0	sports	rollerblading, in-line skating, 24.0 km/h (15.0 mph), maximal effort
19018	14.0	winter activities	skating, ice dancing
12120	14.5	running	running, 10 mph (6 min/mile)
12170	15.0	running	running, stairs, up
19110	15.0	winter activities	skiing, cross country, >8.0 mph, elite skier, racing
19130	15.5	winter activities	skiing, cross country, hard snow, uphill, maximum, snow mountaineering
01060	15.8	bicycling	bicycling, > 20 mph, racing, not drafting
18180	15.8	water activities	skindiving, fast
01004	16.0	bicycling	bicycling, mountain, competitive, racing
12130	16.0	running	running, 11 mph (5.5 min/mile)
11250	17.5	occupation	forestry, ax chopping, very fast, 1.25 kg axe, 51 blows/min, extremely vigorous effort
12132	19.0	running	running, 12 mph (5 min/mile)
12134	19.8	running	running, 13 mph (4.6 min/mile)
12135	23.0	running	running, 14 mph (4.3 min/mile)

varatus, t-ball, tetherball, marbles, arcade games), moderate effort