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## The Compendium of Physical Activities

### History

The Compendium of Physical Activities was developed for use in epidemiologic studies to standardize the assignment of MET intensities in physical activity questionnaires. Dr. Bill Haskell from Stanford University conceptualized the Compendium and developed a prototype for the document. The Compendium was used first in the Survey of Activity, Fitness, and Exercise (SAFE study - 1987 to 1989) to code and score physical activity records. Since then, the Compendium has been used in studies worldwide to assign intensity units to physical activity questionnaires and to develop innovative ways to assess energy expenditure in physical activity studies. Version 1 of the Compendium was published in 1993. An updated version was published in 2000. References for the publications are below.

### Definition of Terms used in the Compendium

**MET (Metabolic Equivalent):** The ratio of the work metabolic rate to the resting metabolic rate. One MET is defined as 1 kcal/kg/hour and is roughly equivalent to the energy cost of sitting quietly. A MET also is defined as oxygen uptake in ml/kg/min with one MET equal to the oxygen cost of sitting quietly, equivalent to 3.5 ml/kg/min.

**5-Digit Code:** Compendium activities are classified by a 5-digit code that identifies the category (heading) as the first 2 digits and type (description) of activity as the last three digits. Example:

### Code Heading Description

01010	01 -	010 - Bicycling, < 10 mph, leisure, to bicycling work or for pleasure (Taylor Code 115)
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### File Name

The Compendium of Physical Activities Tracking Guide

### File Download Format

[PDF\\*](#)

### Limitations

When using the Compendium to estimate the energy cost of activities, investigators should remind participants to recall only the time spent in movement. The Compendium was not developed to determine the precise energy cost of physical activity within individuals, but rather to provide a classification system that standardizes the MET intensities of physical activities used in survey research. The values in the Compendium do not estimate the energy cost of physical activity in individuals in ways that account for differences in body mass, adiposity, age, sex, efficiency of movement, geographic and environmental conditions in which the activities are performed. Thus, individual differences in energy expenditure for the same activity can be large and the true energy cost for an individual may or may not be close to the stated mean MET level as presented in the Compendium.

### Using the Compendium

Researchers may download the compendium for use in their research. Users do not have permission to extract parts of it to

use in their diet and exercise commercial products, free products, or any other use without the author's permission as well as permission of Lippencott, Williams, and Wilkins, who hold the copyright on the published the Compendium in MSSE. Teachers may use the compendium or portions thereof for educational purposes with their students. Websites may link to the compendium by linking to this page:

<http://prevention.sph.sc.edu/tools/compendium.htm>. Those with questions about use of the Compendium for these or other purposes should e-mail Barbara Ainsworth at [Barbara.Ainsworth@asu.edu](mailto:Barbara.Ainsworth@asu.edu).

**Suggested citation:**

Ainsworth BE. (2002, January) The Compendium of Physical Activities Tracking Guide. Prevention Research Center, Norman J. Arnold School of Public Health, University of South Carolina. Retrieved [date] from the World Wide Web.  
[http://prevention.sph.sc.edu/tools/docs/documents\\_compendium.pdf](http://prevention.sph.sc.edu/tools/docs/documents_compendium.pdf)

**References**

Ainsworth BE, Haskell WL, Leon AS, Jacobs DR Jr, Montoye HJ, Sallis JF, Paffenbarger RS Jr. Compendium of physical activities: Classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise*, 1993; 25:71-80.

Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Schmitz KH, Emplaincourt PO, Jacobs DR Jr, Leon AS. Compendium of Physical Activities: An update of activity codes and MET intensities. *Medicine and Science in Sports and Exercise*, 2000;32 (Suppl):S498-S516.

\* **Note:** To view the documents in **PDF format**, you will need to have Adobe Reader. You may download this program free of charge from [Adobe](#).



## The Compendium of Physical Activities Tracking Guide

### KEY

Blue text = new activity was added to the description of that specific compendium code

If compcode and METS columns are blank under 1993 this means that the 2000 compcode and METS was added to the new addition to the compendium

If compcode and METS columns are blank under 2000 this means that the 1993 compcode and METS was removed from the new addition of the compendium

1993		2000			
compcode	METS	compcode	METS	heading	description
01009	8.5	01009	8.5	bicycling	bicycling, BMX or mountain
01010	4.0	01010	4.0	bicycling	bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)
		01015	8.0	bicycling	bicycling, general
01020	6.0	01020	6.0	bicycling	bicycling, 10-11.9 mph, leisure, slow, light effort
01030	8.0	01030	8.0	bicycling	bicycling, 12-13.9 mph, leisure, moderate effort
01040	10.0	01040	10.0	bicycling	bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort
01050	12.0	01050	12.0	bicycling	bicycling, 16-19 mph, racing/not drafting or >19 mph drafting, very fast, racing genera
01060	16.0	01060	16.0	bicycling	bicycling, >20 mph, racing, not drafting
01070	5.0	01070	5.0	bicycling	unicycling
02010	5.0	02010	7.0	conditioning exercise	bicycling, stationary, general
02011	3.0	02011	3.0	conditioning exercise	bicycling, stationary, 50 watts, very light effort
02012	5.5	02012	5.5	conditioning exercise	bicycling, stationary, 100 watts, light effort
02013	7.0	02013	7.0	conditioning exercise	bicycling, stationary, 150 watts, moderate effort
02014	10.5	02014	10.5	conditioning exercise	bicycling, stationary, 200 watts, vigorous effort
02015	12.5	02015	12.5	conditioning exercise	bicycling, stationary, 250 watts, very vigorous effort
02020	8.0	02020	8.0	conditioning exercise	calisthenics (e.g. pushups, situps, pullups, <a href="#">jumping jacks</a> ), heavy, vigorous effort
02030	4.5	02030	3.5	conditioning exercise	calisthenics, home exercise, light or moderate effort, general (example: back exercises), going up & down from floor (Taylor Code 15)
02040	8.0	02040	8.0	conditioning exercise	circuit training, <a href="#">including some aerobic movement with minimal rest</a> , general
02050	6.0	02050	6.0	conditioning exercise	weight lifting (free weight, nautilus or universal-type), power lifting or body building, vigorous effort (Taylor Code 210)
02060	5.5	02060	5.5	conditioning exercise	health club exercise, general (Taylor Code 160)
02065	6.0	02065	9.0	conditioning exercise	stair-treadmill ergometer, general
02070	9.5	02070	7.0	conditioning exercise	rowing, stationary ergometer, general
02071	3.5	02071	3.5	conditioning exercise	rowing, stationary, 50 watts, light effort
02072	7.0	02072	7.0	conditioning exercise	rowing, stationary, 100 watts, moderate effort
02073	8.5	02073	8.5	conditioning exercise	rowing, stationary, 150 watts, vigorous effort
02074	12.0	02074	12.0	conditioning exercise	rowing, stationary, 200 watts, very vigorous effort
02080	9.5	02080	7.0	conditioning exercise	ski machine, general
02090	6.0	02090	6.0	conditioning exercise	slimnastics, <a href="#">jazzercise</a>
02100	4.0	02100	2.5	conditioning exercise	stretching, hatha yoga
		02101	2.5	conditioning exercise	mild stretching
02110	6.0	02110	6.0	conditioning exercise	teaching aerobic exercise class
02120	4.0	02120	4.0	conditioning exercise	water aerobics, water calisthenics
02130	3.0	02130	3.0	conditioning exercise	weight lifting (free, nautilus or universal-type), light or moderate effort, light workout, general
02135	1.0	02135	1.0	conditioning exercise	whirlpool, sitting
03010	6.0	03010	4.8	dancing	ballet or modern, twist, jazz, tap, jitterbug
03015	6.0	03015	6.5	dancing	aerobic, general
		03016	8.5	dancing	aerobic, step, with 6 – 8 inch step
		03017	10.0	dancing	aerobic, step, with 10 – 12 inch step
03020	5.0	03020	5.0	dancing	aerobic, low impact
03021	7.0	03021	7.0	dancing	aerobic, high impact
03025	4.5	03025	4.5	dancing	general, <a href="#">Greek, Middle Eastern, hula, flamenco, belly, and swing dancing</a>
03030	5.5	03030	5.5	dancing	ballroom, dancing fast (Taylor Code 125)
		03031	4.5	dancing	ballroom, fast (disco, folk, square), line dancing, Irish step dancing, polka, contra, countr
03040	3.0	03040	3.0	dancing	ballroom, slow (e.g. waltz, foxtrot, slow dancing), <a href="#">samba, tango, 19th C, mambo, chacha</a>
		03050	5.5	dancing	Anishinaabe Jingle Dancing or other traditional American Indian dancing
04001	4.0	04001	3.0	fishing and hunting	fishing, general
04010	4.0	04010	4.0	fishing and hunting	digging worms, with shovel

1993		2000			
compcode	METS	compcode	METS	heading	description
04020	5.0	04020	4.0	fishing and hunting	fishing from river bank and walking
04030	2.5	04030	2.5	fishing and hunting	fishing from boat, sitting
04040	3.5	04040	3.5	fishing and hunting	fishing from river bank, standing (Taylor Code 660)
04050	6.0	04050	6.0	fishing and hunting	fishing in stream, in waders (Taylor Code 670)
04060	2.0	04060	2.0	fishing and hunting	fishing, ice, sitting
04070	2.5	04070	2.5	fishing and hunting	hunting, bow and arrow or crossbow
04080	6.0	04080	6.0	fishing and hunting	hunting, deer, elk, large game (Taylor Code 170)
04090	2.5	04090	2.5	fishing and hunting	hunting, duck, wading
04100	5.0	04100	5.0	fishing and hunting	hunting, general
04110	6.0	04110	6.0	fishing and hunting	hunting, pheasants or grouse (Taylor Code 680)
04120	5.0	04120	5.0	fishing and hunting	hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)
04130	2.5	04130	2.5	fishing and hunting	pistol shooting or trap shooting, standing
05010	2.5	05010	3.3	home activities	carpet sweeping, sweeping floors
05020	4.5	05020	3.0	home activities	cleaning, heavy or major (e.g. wash car, wash windows, clean garage), vigorous effort
		05021	3.5	home activities	mopping
		05025	2.5	home activities	multiple household tasks all at once, light effort
		05026	3.5	home activities	multiple household tasks all at once, moderate effort
		05027	4.0	home activities	multiple household tasks all at once, vigorous effort
05030	3.5	05030	3.0	home activities	cleaning, house or cabin, general
05040	2.5	05040	2.5	home activities	cleaning, light (dusting, straightening up, changing linen, carrying out trash
05041	2.3	05041	2.3	home activities	wash dishes - standing or in general (not broken into stand/walk components)
05042	2.3	05042	2.5	home activities	wash dishes; clearing dishes from table - walking
		05043	3.5	home activities	vacuuming
		05045	6.0	home activities	butchering animals
05050	2.5	05050	2.0	home activities	cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliance
05051	2.5	05051	2.5	home activities	serving food, setting table - implied walking or standing
05052	2.5	05052	2.5	home activities	cooking or food preparation - walking
		05053	2.5	home activities	feeding animals
05055	2.5	05055	2.5	home activities	putting away groceries (e.g. <a href="#">carrying groceries</a> , shopping without a grocery cart), carrying packages
05056	8.0	05056	7.5	home activities	carrying groceries upstairs
		05057	3.0	home activities	cooking Indian bread on an outside stove
05060	3.5	05060	2.3	home activities	food shopping with or without a grocery cart, standing or walking
05065	2.0	05065	2.3	home activities	non-food shopping, standing or walking
05066	2.3			home activities	walking shopping (non-grocery shopping)
05070	2.3	05070	2.3	home activities	ironing
05080	1.5	05080	1.5	home activities	sitting - knitting, sewing, lt. wrapping (presents)
05090	2.0	05090	2.0	home activities	implied standing - laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase
05095	2.3	05095	2.3	home activities	implied walking - putting away clothes, gathering clothes to pack, putting away laundry
05100	2.0	05100	2.0	home activities	making bed
05110	5.0	05110	5.0	home activities	maple syruping/sugar bushing (including carrying buckets, carrying wood)
05120	6.0	05120	6.0	home activities	moving furniture, household items, <a href="#">carrying boxes</a>
05130	5.5	05130	3.8	home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub
05140	4.0	05140	4.0	home activities	sweeping garage, sidewalk or outside of house
05145	7.0			home activities	moving household items, carrying boxes
05146	3.5	05146	3.5	home activities	standing - packing/unpacking boxes, occasional lifting of household items light - moderate effort
05147	3.0	05147	3.0	home activities	implied walking - putting away household items - moderate effort
		05148	2.5	home activities	watering plants
		05149	2.5	home activities	building a fire inside
05150	9.0	05150	9.0	home activities	moving household items upstairs, carrying boxes or furniture
05160	2.5	05160	2.0	home activities	standing - light (pump gas, change light bulb, etc.)
05165	3.0	05165	3.0	home activities	walking - light, non-cleaning (readying to leave, shut/lock doors, close windows, etc.
05170	2.5	05170	2.5	home activities	sitting - playing with child(ren) - light, <a href="#">only active periods</a>
05171	2.8	05171	2.8	home activities	standing - playing with child(ren) - light, <a href="#">only active periods</a>
05175	4.0	05175	4.0	home activities	walk/run - playing with child(ren) - moderate, <a href="#">only active periods</a>
05180	5.0	05180	5.0	home activities	walk/run - playing with child(ren) - vigorous, <a href="#">only active periods</a>
		05181	3.0	home activities	carrying small children

1993		2000			
compcode	METS	compcode	METS	heading	description
05185	3.0	05185	2.5	home activities	child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, genera
05186	3.5	05186	3.0	home activities	child care: standing - dressing, bathing, grooming, feeding, occasional lifting of child-light effort
		05187	4.0	home activities	elder care, disabled adult, only active periods
		05188	1.5	home activities	reclining with baby
		05190	2.5	home activities	sit, playing with animals, light, only active periods
		05191	2.8	home activities	stand, playing with animals, light, only active periods
		05192	2.8	home activities	walk/run, playing with animals, light, only active periods
		05193	4.0	home activities	walk/run, playing with animals, moderate, only active periods
		05194	5.0	home activities	walk/run, playing with animals, vigorous, only active periods
		05195	3.5	home activities	standing - bathing dog
06010	3.0	06010	3.0	home repair	airplane repair
06020	4.5	06020	4.0	home repair	automobile body work
06030	3.0	06030	3.0	home repair	automobile repair
06040	3.0	06040	3.0	home repair	carpentry, general, workshop (Taylor Code 620)
06050	6.0	06050	6.0	home repair	carpentry, outside house, installing rain gutters, <a href="#">building a fence</a> , (Taylor Code 640)
06060	4.5	06060	4.5	home repair	carpentry, finishing or refinishing cabinets or furniture
06070	7.5	06070	7.5	home repair	carpentry, sawing hardwood
06080	5.0	06080	5.0	home repair	caulking, chinking log cabin
06090	4.5	06090	4.5	home repair	caulking, except log cabin
06100	5.0	06100	5.0	home repair	cleaning gutters
06110	5.0	06110	5.0	home repair	excavating garage
06120	5.0	06120	5.0	home repair	hanging storm windows
06130	4.5	06130	4.5	home repair	laying or removing carpet
06140	4.5	06140	4.5	home repair	laying tile or linoleum, <a href="#">repairing appliances</a>
06150	5.0	06150	5.0	home repair	painting, outside home (Taylor Code 650)
06160	4.5	06160	3.0	home repair	painting, papering, plastering, scraping, inside house, hanging sheet rock, remodeling
		06165	4.5	home repair	painting, (Taylor Code 630)
06170	3.0	06170	3.0	home repair	put on and removal of tarp - sailboat
06180	6.0	06180	6.0	home repair	roofing
06190	4.5	06190	4.5	home repair	sanding floors with a power sander
06200	4.5	06200	4.5	home repair	scraping and painting sailboat or powerboat
06210	5.0	06210	5.0	home repair	spreading dirt with a shovel
06220	4.5	06220	4.5	home repair	washing and waxing hull of sailboat, car, powerboat, airplane
06230	4.5	06230	4.5	home repair	washing fence, <a href="#">painting fence</a>
06240	3.0	06240	3.0	home repair	wiring, plumbing
07010	0.9	07010	1.0	inactivity quiet	lying quietly, watching television
		07011	1.0	inactivity quiet	lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
07020	1.0	07020	1.0	inactivity quiet	sitting quietly and watching television
		07021	1.0	inactivity quiet	sitting quietly, sitting smoking, listening to music (not talking or reading), watching a movie in a theatre
07030	0.9	07030	0.9	inactivity quiet	sleeping
07040	1.2	07040	1.2	inactivity quiet	standing quietly (standing in a line)
07050	1.0	07050	1.0	inactivity light	reclining - writing
07060	1.0	07060	1.0	inactivity light	reclining - talking or talking on phone
07070	1.0	07070	1.0	inactivity light	reclining - reading
		07075	1.0	inactivity light	meditating
08010	5.0	08010	5.0	lawn and garden	carrying, loading or stacking wood, loading/unloading or carrying lumber
08020	6.0	08020	6.0	lawn and garden	chopping wood, splitting logs
08030	5.0	08030	5.0	lawn and garden	clearing land, hauling branches, <a href="#">wheelbarrow chores</a>
08040	5.0	08040	5.0	lawn and garden	digging sandbox
08050	5.0	08050	5.0	lawn and garden	digging, spading, filling garden, <a href="#">composting</a> , (Taylor Code 590)
08060	6.0	08060	6.0	lawn and garden	gardening with heavy power tools, tilling a garden, chain saw
08080	5.0	08080	5.0	lawn and garden	laying crushed rock
08090	5.0	08090	5.0	lawn and garden	laying sod
08095	5.5	08095	5.5	lawn and garden	mowing lawn, general
08100	2.5	08100	2.5	lawn and garden	mowing lawn, riding mower (Taylor Code 550)
08110	6.0	08110	6.0	lawn and garden	mowing lawn, walk, hand mower (Taylor Code 570)

1993	2000				
compcode	METS	compcode	METS	heading	description
08120	4.5	08120	5.5	lawn and garden	mowing lawn, walk, power mower
		08125	4.5	lawn and garden	mowing lawn, power mower (Taylor Code 590)
08130	4.5	08130	4.5	lawn and garden	operating snow blower, walking
08140	4.0	08140	4.5	lawn and garden	planting seedlings, shrubs
08150	4.5	08150	4.5	lawn and garden	planting trees
08160	4.0	08160	4.3	lawn and garden	raking lawn
		08165	4.0	lawn and garden	raking lawn (Taylor Code 600)
08170	4.0	08170	4.0	lawn and garden	raking roof with snow rake
08180	3.0	08180	3.0	lawn and garden	riding snow blower
08190	4.0	08190	4.0	lawn and garden	sacking grass, leaves
08200	6.0	08200	6.0	lawn and garden	shoveling snow, by hand (Taylor Code 610)
08210	4.5	08210	4.5	lawn and garden	trimming shrubs or trees, manual cutter
08215	3.5	08215	3.5	lawn and garden	trimming shrubs or trees, power cutter, <a href="#">using leaf blower, edger</a>
08220	2.5	08220	2.5	lawn and garden	walking, applying fertilizer or seeding a lawn
08230	1.5	08230	1.5	lawn and garden	watering lawn or garden, standing or walking
08240	4.5	08240	4.5	lawn and garden	weeding, cultivating garden (Taylor Code 580)
08245	5.0	08245	4.0	lawn and garden	gardening, general
		08246	3.0	lawn and garden	picking fruit off trees, picking fruits/vegetables, moderate effort
08250	3.0	08250	3.0	lawn and garden	implied walking/standing - picking up yard, light, <a href="#">picking flowers or vegetables</a>
		08251	3.0	lawn and garden	walking, gathering gardening tools
09010	1.5	09010	1.5	miscellaneous	sitting - card playing, playing board games
09020	2.0	09020	2.3	miscellaneous	standing - drawing (writing), casino gambling, duplicating machine
09030	1.3	09030	1.3	miscellaneous	sitting - reading, book, newspaper, etc.
09040	1.8	09040	1.8	miscellaneous	sitting - writing, desk work, <a href="#">typing</a>
09050	1.8	09050	1.8	miscellaneous	standing - talking or talking on the phone
09055	1.5	09055	1.5	miscellaneous	sitting - talking or talking on the phone
09060	1.8	09060	1.8	miscellaneous	sitting - studying, general, including reading and/or writing
09065	1.8	09065	1.8	miscellaneous	sitting - in class, general, including note-taking or class discussion
09070	1.8	09070	1.8	miscellaneous	standing - reading
		09071	2.0	miscellaneous	standing - miscellaneous
		09075	1.5	miscellaneous	sitting - arts and crafts, light effort
		09080	2.0	miscellaneous	sitting - arts and crafts, moderate effort
		09085	1.8	miscellaneous	standing - arts and crafts, light effort
		09090	3.0	miscellaneous	standing - arts and crafts, moderate effort
		09095	3.5	miscellaneous	standing - arts and crafts, vigorous effort
		09100	1.5	miscellaneous	retreat/family reunion activities involving sitting, relaxing, talking, eating
		09105	2.0	miscellaneous	touring/traveling/vacation involving walking and riding
		09110	2.5	miscellaneous	camping involving standing, walking, sitting, light-to-moderate effort
		09115	1.5	miscellaneous	sitting at a sporting event, spectator
10010	1.8	10010	1.8	music playing	accordion
10020	2.0	10020	2.0	music playing	cello
10030	2.5	10030	2.5	music playing	conducting
10040	4.0	10040	4.0	music playing	drums
10050	2.0	10050	2.0	music playing	flute (sitting)
10060	2.0	10060	2.0	music playing	horn
10070	2.5	10070	2.5	music playing	piano or organ
10080	3.5	10080	3.5	music playing	trombone
10090	2.5	10090	2.5	music playing	trumpet
10100	2.5	10100	2.5	music playing	violin
10110	2.0	10110	2.0	music playing	woodwind
10120	2.0	10120	2.0	music playing	guitar, classical, folk (sitting)
10125	3.0	10125	3.0	music playing	guitar, rock and roll band (standing)
10130	4.0	10130	4.0	music playing	marching band, playing an instrument, baton twirling (walking)
10135	3.5	10135	3.5	music playing	marching band, drum major (walking)
11010	4.0	11010	4.0	occupation	bakery, general, <a href="#">moderate effort</a>
		11015	2.5	occupation	bakery, light effort

1993		2000			
compcode	METS	compcode	METS	heading	description
11020	2.3	11020	2.3	occupation	bookbinding
11030	6.0	11030	6.0	occupation	building road (including hauling debris, driving heavy machinery)
11035	2.0	11035	2.0	occupation	building road, directing traffic (standing)
11040	3.5	11040	3.5	occupation	carpentry, general
11050	8.0	11050	8.0	occupation	carrying heavy loads, such as bricks
11060	8.0	11060	8.0	occupation	carrying moderate loads up stairs, moving boxes (16-40 pounds)
11070	2.5	11070	2.5	occupation	chambermaid, <a href="#">making bed (nursing)</a>
11080	6.5	11080	6.5	occupation	coal mining, drilling coal, rock
11090	6.5	11090	6.5	occupation	coal mining, erecting supports
11100	6.0	11100	6.0	occupation	coal mining, general
11110	7.0	11110	7.0	occupation	coal mining, shoveling coal
11120	5.5	11120	5.5	occupation	construction, outside, remodeling
		11121	3.0	occupation	custodial work - buffing the floor with electric buffer
		11122	2.5	occupation	custodial work - cleaning sink and toilet, light effort
		11123	2.5	occupation	custodial work - dusting, light effort
		11124	4.0	occupation	custodial work - feathering arena floor, moderate effort
		11125	3.5	occupation	custodial work - general cleaning, moderate effort
		11126	3.5	occupation	custodial work - mopping, moderate effort
		11127	3.0	occupation	custodial work - take out trash, moderate effort
		11128	2.5	occupation	custodial work - vacuuming, light effort
		11129	3.0	occupation	custodial work - vacuuming, moderate effort
11130	3.5	11130	3.5	occupation	electrical work, plumbing
11140	8.0	11140	8.0	occupation	farming, baling hay, cleaning barn, poultry work, <a href="#">vigorous effort</a>
11150	3.5	11150	3.5	occupation	farming, chasing cattle, non-strenuous( <a href="#">walking</a> ), <a href="#">moderate effort</a>
		11151	4.0	occupation	farming, chasing cattle or other livestock on horseback, moderate effort
		11152	2.0	occupation	farming, chasing cattle or other livestock, driving, light effort
11160	2.5	11160	2.5	occupation	farming, driving harvester, <a href="#">cutting hay, irrigation work</a>
11170	2.5	11170	2.5	occupation	farming, driving tractor
11180	4.0	11180	4.0	occupation	farming, feeding small animals
11190	4.5	11190	4.5	occupation	farming, feeding cattle, <a href="#">horses</a>
		11191	4.5	occupation	farming, hauling water for animals, general hauling water
		11192	6.0	occupation	farming, taking care of animals (grooming, brushing, shearing sheep, assisting with birthing, medical care, branding)
11200	8.0	11200	8.0	occupation	farming, forking straw bales, <a href="#">cleaning corral or barn</a> , <a href="#">vigorous effort</a>
11210	3.0	11210	3.0	occupation	farming, milking by hand, moderate effort
11220	1.5	11220	1.5	occupation	farming, milking by machine, <a href="#">light effort</a>
11230	5.5	11230	5.5	occupation	farming, shoveling grain, <a href="#">moderate effort</a>
11240	12.0	11240	12.0	occupation	fire fighter, general
11245	11.0	11245	11.0	occupation	fire fighter, climbing ladder with full gear
11246	8.0	11246	8.0	occupation	fire fighter, hauling hoses on ground
11250	17.0	11250	17.0	occupation	forestry, ax chopping, fast
11260	5.0	11260	5.0	occupation	forestry, ax chopping, slow
11270	7.0	11270	7.0	occupation	forestry, barking trees
11280	11.0	11280	11.0	occupation	forestry, carrying logs
11290	8.0	11290	8.0	occupation	forestry, felling trees
11300	8.0	11300	8.0	occupation	forestry, general
11310	5.0	11310	5.0	occupation	forestry, hoeing
11320	6.0	11320	6.0	occupation	forestry, planting by hand
11330	7.0	11330	7.0	occupation	forestry, sawing by hand
11340	4.5	11340	4.5	occupation	forestry, sawing, power
11350	9.0	11350	9.0	occupation	forestry, trimming trees
11360	4.0	11360	4.0	occupation	forestry, weeding
11370	4.5	11370	4.5	occupation	furriery
11380	6.0	11380	6.0	occupation	horse grooming
11390	8.0	11390	8.0	occupation	horse racing, galloping
11400	6.5	11400	6.5	occupation	horse racing, trotting
11410	2.6	11410	2.6	occupation	horse racing, walking



1993		2000			
compcode	METS	compcode	METS	heading	description
11420	3.5	11420	3.5	occupation	locksmith
11430	2.5	11430	2.5	occupation	machine tooling, machining, working sheet meta
11440	3.0	11440	3.0	occupation	machine tooling, operating lathe
11450	5.0	11450	5.0	occupation	machine tooling, operating punch press
11460	4.0	11460	4.0	occupation	machine tooling, tapping and drilling
11470	3.0	11470	3.0	occupation	machine tooling, welding
11480	7.0	11480	7.0	occupation	masonry, concrete
11485	4.0	11485	4.0	occupation	masseur, masseuse (standing)
11490	7.0	11490	7.5	occupation	moving, pushing heavy objects, 75 lbs or more (desks, moving van work)
		11495	12.0	occupation	skindiving or SCUBA diving as a frogman (Navy Seal)
11500	2.5	11500	2.5	occupation	operating heavy duty equipment/automated, not driving
11510	4.5	11510	4.5	occupation	orange grove work
11520	2.3	11520	2.3	occupation	printing (standing)
11525	2.5	11525	2.5	occupation	police, directing traffic (standing)
11526	2.0	11526	2.0	occupation	police, driving a squad car (sitting)
11527	1.3	11527	1.3	occupation	police, riding in a squad car (sitting)
11528	8.0	11528	4.0	occupation	police, making an arrest (standing)
11530	2.5	11530	2.5	occupation	shoe repair, general
11540	8.5	11540	8.5	occupation	shoveling, digging ditches
11550	9.0	11550	9.0	occupation	shoveling, heavy (more than 16 pounds/minute)
11560	6.0	11560	6.0	occupation	shoveling, light (less than 10 pounds/minute)
11570	7.0	11570	7.0	occupation	shoveling, moderate (10 to 15 pounds/minute)
11580	1.5	11580	1.5	occupation	sitting - light office work, general (chemistry lab work, light use of hand tools, watch repair or micro-assembly, light assembly/repair)
11585	1.5	11585	1.5	occupation	sitting meetings, general, and/or with talking involved, <a href="#">eating at a business meeting</a>
11590	2.5	11590	2.5	occupation	sitting; moderate (heavy levers, riding mower/forklift, crane operation) <a href="#">teaching stretching or yoga</a>
11600	2.5	11600	2.3	occupation	standing; light (bartending, store clerk, assembling, filing, duplicating, putting up a Christmas tree), standing and talking at work, changing clothes when teaching physical education
11610	3.0	11610	3.0	occupation	standing; light/moderate (assemble/repair heavy parts, welding, stocking, auto repair, pack boxes for moving, etc.), patient care (as in nursing)
		11615	4.0	occupation	lifting items continuously, 10 - 20 lbs, with limited walking or resting
11620	3.5	11620	3.5	occupation	standing; moderate (assembling at fast rate, <a href="#">intermittent</a> , lifting 50 lbs, hitch/twisting ropes)
11630	4.0	11630	4.0	occupation	standing; moderate/heavy (lifting more than 50 lbs, masonry, painting, paper hanging)
11640	5.0	11640	5.0	occupation	steel mill, fettling
11650	5.5	11650	5.5	occupation	steel mill, forging
11660	8.0	11660	8.0	occupation	steel mill, hand rolling
11670	8.0	11670	8.0	occupation	steel mill, merchant mill rolling
11680	11.0	11680	11.0	occupation	steel mill, removing slag
11690	7.5	11690	7.5	occupation	steel mill, tending furnace
11700	5.5	11700	5.5	occupation	steel mill, tipping molds
11710	8.0	11710	8.0	occupation	steel mill, working in general
11720	2.5	11720	2.5	occupation	tailoring, cutting
11730	2.5	11730	2.5	occupation	tailoring, general
11740	2.0	11740	2.0	occupation	tailoring, hand sewing
11750	2.5	11750	2.5	occupation	tailoring, machine sewing
11760	4.0	11760	4.0	occupation	tailoring, pressing
		11765	3.5	occupation	tailoring, weaving
11766	6.5	11766	6.5	occupation	truck driving, loading and unloading truck (standing)
11770	1.5	11770	1.5	occupation	typing, electric, manual or computer
11780	6.0	11780	6.0	occupation	using heavy power tools such as pneumatic tools (jackhammers, drills, etc.)
11790	8.0	11790	8.0	occupation	using heavy tools (not power) such as shovel, pick, tunnel bar, spade
11791	2.0	11791	2.0	occupation	walking on job, less than 2.0 mph (in office or lab area), very slow
11792	3.5	11792	3.3	occupation	walking on job, 3.0 mph, in office, moderate speed, not carrying anything
11793	4.0	11793	3.8	occupation	walking on job, 3.5 mph, in office, brisk speed, not carrying anything
11795	3.0	11795	3.0	occupation	walking, 2.5 mph, slowly and carrying light objects less than 25 pounds
		11796	3.0	occupation	walking, gathering things at work, ready to leave
11800	4.0	11800	4.0	occupation	walking, 3.0 mph, moderately and carrying light objects less than 25 lbs



1993		2000			
compcode	METS	compcode	METS	heading	description
		11805	4.0	occupation	walking, pushing a wheelchair
11810	4.5	11810	4.5	occupation	walking, 3.5 mph, briskly and carrying objects less than 25 pounds
11820	5.0	11820	5.0	occupation	walking or walk downstairs or standing, carrying objects about 25 to 49 pounds
11830	6.5	11830	6.5	occupation	walking or walk downstairs or standing, carrying objects about 50 to 74 pounds
11840	7.5	11840	7.5	occupation	walking or walk downstairs or standing, carrying objects about 75 to 99 pounds
11850	8.5	11850	8.5	occupation	walking or walk downstairs or standing, carrying objects about 100 pounds or over
11870	3.0	11870	3.0	occupation	working in scene shop, theater actor, backstage employee
		11875	4.0	occupation	teach physical education, exercise, sports classes (non-sport play)
		11876	6.5	occupation	teach physical education, exercise, sports classes (participate in the class)
12010	6.0	12010	6.0	running	jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
12020	7.0	12020	7.0	running	jogging, general
		12025	8.0	running	jogging, in place
		12027	4.5	running	jogging on a mini-tramp
12030	8.0	12030	8.0	running	running, 5 mph (12 min/mile)
12040	9.0	12040	9.0	running	running, 5.2 mph (11.5 min/mile)
12050	10.0	12050	10.0	running	running, 6 mph (10 min/mile)
12060	11.0	12060	11.0	running	running, 6.7 mph (9 min/mile)
12070	11.5	12070	11.5	running	running, 7 mph (8.5 min/mile)
12080	12.5	12080	12.5	running	running, 7.5 mph (8 min/mile)
12090	13.5	12090	13.5	running	running, 8 mph (7.5 min/mile)
12100	14.0	12100	14.0	running	running, 8.6 mph (7 min/mile)
12110	15.0	12110	15.0	running	running, 9 mph (6.5 min/mile)
12120	16.0	12120	16.0	running	running, 10 mph (6 min/mile)
12130	18.0	12130	18.0	running	running, 10.9 mph (5.5 min/mile)
12140	9.0	12140	9.0	running	running, cross country
12150	8.0	12150	8.0	running	running (Taylor Code 200)
12160	8.0			running	running, in place
12170	15.0	12170	15.0	running	running, stairs, up
12180	10.0	12180	10.0	running	running, on a track, team practice
12190	8.0	12190	8.0	running	running, training, pushing a wheelchair
12195	3.0			running	running, wheeling, general
13000	2.5	13000	2.0	self care	standing - getting ready for bed, in general
13009	1.0	13009	1.0	self care	sitting on toilet
13010	2.0	13010	1.5	self care	bathing (sitting)
13020	2.5	13020	2.0	self care	dressing, undressing (standing or sitting)
13030	1.5	13030	1.5	self care	eating (sitting)
13035	2.0	13035	2.0	self care	talking and eating or eating only (standing)
		13036	1.0	self care	taking medication, sitting or standing
13040	2.5	13040	2.0	self care	grooming (washing, shaving, brushing teeth, urinating, washing hands, putting on make-up), sitting or standing
		13045	2.5	self care	hairstyling
		13046	1.0	self care	having hair or nails done by someone else, sitting
13050	4.0	13050	2.0	self care	showering, towel drying (standing)
14010	1.5	14010	1.5	sexual activity	active, vigorous effort
14020	1.3	14020	1.3	sexual activity	general, moderate effort
14030	1.0	14030	1.0	sexual activity	passive, light effort, kissing, hugging
15010	3.5	15010	3.5	sports	archery (non-hunting)
15020	7.0	15020	7.0	sports	badminton, competitive (Taylor Code 450)
15030	4.5	15030	4.5	sports	badminton, social singles and doubles, general
15040	8.0	15040	8.0	sports	basketball, game (Taylor Code 490)
15050	6.0	15050	6.0	sports	basketball, non-game, general (Taylor Code 480)
15060	7.0	15060	7.0	sports	basketball, officiating (Taylor Code 500)
15070	4.5	15070	4.5	sports	basketball, shooting baskets
15075	6.5	15075	6.5	sports	basketball, wheelchair
15080	2.5	15080	2.5	sports	billiards
15090	3.0	15090	3.0	sports	bowling (Taylor Code 390)
15100	12.0	15100	12.0	sports	boxing, in ring, general

1993		2000			
compcode	METS	compcode	METS	heading	description
15110	6.0	15110	6.0	sports	boxing, punching bag
15120	9.0	15120	9.0	sports	boxing, sparring
15130	7.0	15130	7.0	sports	broomball
15135	5.0	15135	5.0	sports	children's games (hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetherball, marbles, jacks, acrace games
15140	4.0	15140	4.0	sports	coaching: football, soccer, basketball, baseball, swimming, etc.
15150	5.0	15150	5.0	sports	cricket (batting, bowling)
15160	2.5	15160	2.5	sports	croquet
15170	4.0	15170	4.0	sports	curling
15180	2.5	15180	2.5	sports	darts, wall or lawn
15190	6.0	15190	6.0	sports	drag racing, pushing or driving a car
15200	6.0	15200	6.0	sports	fencing
15210	9.0	15210	9.0	sports	football, competitive
15230	8.0	15230	8.0	sports	football, touch, flag, general (Taylor Code 510
15235	2.5	15235	2.5	sports	football or baseball, playing catch
15240	3.0	15240	3.0	sports	frisbee playing, general
15250	3.5	15250	8.0	sports	frisbee, ultimate
15255	4.5	15255	4.5	sports	golf, general
15260	5.5			sports	golf carrying clubs
		15265	4.5	sports	golf, walking and carrying clubs (See footnote at end of the Compendium
15270	3.0	15270	3.0	sports	golf, miniature, driving range
15280	5.0			sports	golf, pulling clubs
		15285	4.3	sports	golf, walking and pulling clubs (See footnote at end of the Compendium
15290	3.5	15290	3.5	sports	golf, using power cart (Taylor Code 070)
15300	4.0	15300	4.0	sports	gymnastics, general
15310	4.0	15310	4.0	sports	hacky sack
15320	12.0	15320	12.0	sports	handball, general (Taylor Code 520)
15330	8.0	15330	8.0	sports	handball, team
15340	3.5	15340	3.5	sports	hand gliding
15350	8.0	15350	8.0	sports	hockey, field
15360	8.0	15360	8.0	sports	hockey, ice
15370	4.0	15370	4.0	sports	horseback riding, general
15380	3.5	15380	3.5	sports	horseback riding, saddling horse, <a href="#">grooming horse</a>
15390	6.5	15390	6.5	sports	horseback riding, trotting
15400	2.5	15400	2.5	sports	horseback riding, walking
15410	3.0	15410	3.0	sports	horseshoe pitching, quoits
15420	12.0	15420	12.0	sports	jai alai
15430	10.0	15430	10.0	sports	judo, jujitsu, karate, kick boxing, tae kwan dc
15440	4.0	15440	4.0	sports	juggling
15450	7.0	15450	7.0	sports	kickball
15460	8.0	15460	8.0	sports	lacrosse
15470	4.0	15470	4.0	sports	motor-cross
15480	9.0	15480	9.0	sports	orienteering
15490	10.0	15490	10.0	sports	paddleball, competitive
15500	6.0	15500	6.0	sports	paddleball, casual, general (Taylor Code 460)
15510	8.0	15510	8.0	sports	polo
15520	10.0	15520	10.0	sports	racquetball, competitive
15530	7.0	15530	7.0	sports	racquetball, casual, general (Taylor Code 470)
15535	11.0	15535	11.0	sports	rock climbing, ascending rock
15540	8.0	15540	8.0	sports	rock climbing, rappelling
15550	12.0	15550	12.0	sports	rope jumping, fast
15551	10.0	15551	10.0	sports	rope jumping, moderate, general
15552	8.0	15552	8.0	sports	rope jumping, slow
15560	10.0	15560	10.0	sports	rugby
15570	3.0	15570	3.0	sports	shuffleboard, lawn bowling
15580	5.0	15580	5.0	sports	skateboarding
15590	7.0	15590	7.0	sports	skating, roller (Taylor Code 360)

1993		2000			
compcode	METS	compcode	METS	heading	description
		15591	12.0	sports	roller blading (in-line skating)
15600	3.5	15600	3.5	sports	sky diving
15605	10.0	15605	10.0	sports	soccer, competitive
15610	7.0	15610	7.0	sports	soccer, casual, general (Taylor Code 540)
15620	5.0	15620	5.0	sports	softball or baseball, fast or slow pitch, general (Taylor Code 440)
15630	4.0	15630	4.0	sports	softball, officiating
15640	6.0	15640	6.0	sports	softball, pitching
15650	12.0	15650	12.0	sports	squash (Taylor Code 530)
15660	4.0	15660	4.0	sports	table tennis, ping pong (Taylor Code 410)
15670	4.0	15670	4.0	sports	tai chi
15675	7.0	15675	7.0	sports	tennis, general
15680	6.0	15680	6.0	sports	tennis, doubles (Taylor Code 430)
		15685	5.0	sports	tennis, doubles
15690	8.0	15690	8.0	sports	tennis, singles (Taylor Code 420)
15700	3.5	15700	3.5	sports	trampoline
15710	4.0	15710	4.0	sports	volleyball (Taylor Code 400)
		15711	8.0	sports	volleyball, competitive, in gymnasium
15720	3.0	15720	3.0	sports	volleyball, non-competitive, 6 - 9 member team, genera
15725	8.0	15725	8.0	sports	volleyball, beach
15730	6.0	15730	6.0	sports	wrestling (one match = 5 minutes)
15731	7.0	15731	7.0	sports	wallyball, general
		15732	4.0	sports	track and field (shot, discus, hammer throw)
		15733	6.0	sports	track and field (high jump, long jump, triple jump, javelin, pole vault)
		15734	10.0	sports	track and field (steeplechase, hurdles)
16010	2.0	16010	2.0	transportation	automobile or light truck (not a semi) driving
		16015	1.0	transportation	riding in a car or truck
		16016	1.0	transportation	riding in a bus
16020	2.0	16020	2.0	transportation	flying airplane
16030	2.5	16030	2.5	transportation	motor scooter, motorcycle
16040	6.0	16040	6.0	transportation	pushing plane in and out of hangar
16050	3.0	16050	3.0	transportation	driving heavy truck, tractor, bus
17010	7.0	17010	7.0	walking	backpacking (Taylor Code 050)
17020	3.5	17020	3.5	walking	carrying infant or 15 pound load (e.g. suitcase), level ground or downstairs
17025	9.0	17025	9.0	walking	carrying load upstairs, general
17026	5.0	17026	5.0	walking	carrying 1 to 15 lb load, upstairs
17027	6.0	17027	6.0	walking	carrying 16 to 24 lb load, upstairs
17028	8.0	17028	8.0	walking	carrying 25 to 49 lb load, upstairs
17029	10.0	17029	10.0	walking	carrying 50 to 74 lb load, upstairs
17030	12.0	17030	12.0	walking	carrying 74+ lb load, upstairs
		17031	3.0	walking	loading /unloading a car
17035	7.0	17035	7.0	walking	climbing hills with 0 to 9 pound load
17040	7.5	17040	7.5	walking	climbing hills with 10 to 20 pound load
17050	8.0	17050	8.0	walking	climbing hills with 21 to 42 pound load
17060	9.0	17060	9.0	walking	climbing hills with 42+ pound load
17070	3.0	17070	3.0	walking	downstairs
17080	6.0	17080	6.0	walking	hiking, cross country (Taylor Code 040)
		17085	2.5	walking	bird watching
17090	6.5	17090	6.5	walking	marching, rapidly, military
17100	2.5	17100	2.5	walking	pushing or pulling stroller with child or walking with children
		17105	4.0	walking	pushing a wheelchair, non-occupational setting
17110	6.5	17110	6.5	walking	race walking
17120	8.0	17120	8.0	walking	rock or mountain climbing (Taylor Code 060)
17130	8.0	17130	8.0	walking	up stairs, using or climbing up ladder (Taylor Code 030)
17140	4.0	17140	5.0	walking	using crutches
17150	2.0	17150	2.0	walking	walking, household walking
		17151	2.0	walking	walking, less than 2.0 mph, level ground, strolling, very slow

1993		2000			
compcode	METS	compcode	METS	heading	description
		17152	2.5	walking	walking, 2.0 mph, level, slow pace, firm surface
17160	2.5	17160	3.5	walking	walking for pleasure (Taylor Code 010)
		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
		17165	3.0	walking	walking the dog
17170	3.0	17170	3.0	walking	walking, 2.5 mph, firm surface
17180	3.0	17180	2.8	walking	walking, 2.5 mph, downhill
17190	3.5	17190	3.3	walking	walking, 3.0 mph, level, moderate pace, firm surface
17200	4.0	17200	3.8	walking	walking, 3.5 mph, level, brisk, firm surface, walking for exercise
17210	6.0	17210	6.0	walking	walking, 3.5 mph, uphill
17220	4.0	17220	5.0	walking	walking, 4.0 mph, level, firm surface, very brisk pace
17230	4.5	17230	6.3	walking	walking, 4.5 mph, level, firm surface, very, very brisk
		17231	8.0	walking	walking, 5.0 mph
17250	3.5	17250	3.5	walking	walking, for pleasure, work break
17260	5.0	17260	5.0	walking	walking, grass track
17270	4.0	17270	4.0	walking	walking, to work or class (Taylor Code 015)
		17280	2.5	walking	walking to and from an outhouse
18010	2.5	18010	2.5	water activities	boating, power
18020	4.0	18020	4.0	water activities	canoeing, on camping trip (Taylor Code 270)
		18025	3.3	water activities	canoeing, harvesting wild rice, knocking rice off the stalks
18030	7.0	18030	7.0	water activities	canoeing, portaging
18040	3.0	18040	3.0	water activities	canoeing, rowing, 2.0-3.9 mph, light effort
18050	7.0	18050	7.0	water activities	canoeing, rowing, 4.0-5.9 mph, moderate effort
18060	12.0	18060	12.0	water activities	canoeing, rowing, >6 mph, vigorous effort
18070	3.5	18070	3.5	water activities	canoeing, rowing, for pleasure, general (Taylor Code 250)
18080	12.0	18080	12.0	water activities	canoeing, rowing, in competition, or crew or sculling (Taylor Code 260)
18090	3.0	18090	3.0	water activities	diving, springboard or platform
18100	5.0	18100	5.0	water activities	kayaking
18110	4.0	18110	4.0	water activities	paddle boat
18120	3.0	18120	3.0	water activities	sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
18130	5.0	18130	5.0	water activities	sailing, in competition
18140	3.0	18140	3.0	water activities	sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting
18150	6.0	18150	6.0	water activities	skiing, water (Taylor Code 220)
18160	7.0	18160	7.0	water activities	skimobiling
18170	12.0			water activities	
18180	16.0	18180	16.0	water activities	skindiving, fast
18190	12.5	18190	12.5	water activities	skindiving, moderate
18200	7.0	18200	7.0	water activities	skindiving, scuba diving, general (Taylor Code 310)
18210	5.0	18210	5.0	water activities	snorkeling (Taylor Code 320)
18220	3.0	18220	3.0	water activities	surfing, body or board
18230	10.0	18230	10.0	water activities	swimming laps, freestyle, fast, vigorous effort
18240	8.0	18240	7.0	water activities	swimming laps, freestyle, slow, moderate or light effort
18250	8.0	18250	7.0	water activities	swimming, backstroke, general
18260	10.0	18260	10.0	water activities	swimming, breaststroke, general
18270	11.0	18270	11.0	water activities	swimming, butterfly, general
18280	11.0	18280	11.0	water activities	swimming, crawl, fast (75 yards/minute), vigorous effort
18290	8.0	18290	8.0	water activities	swimming, crawl, slow (50 yards/minute), moderate or light effort
18300	6.0	18300	6.0	water activities	swimming, lake, ocean, river (Taylor Codes 280, 295)
18310	6.0	18310	6.0	water activities	swimming, leisurely, not lap swimming, general
18320	8.0	18320	8.0	water activities	swimming, sidestroke, general
18330	8.0	18330	8.0	water activities	swimming, synchronized
18340	10.0	18340	10.0	water activities	swimming, treading water, fast vigorous effort
18350	4.0	18350	4.0	water activities	swimming, treading water, moderate effort, general
		18355	4.0	water activities	water aerobics, water calisthenics
18360	10.0	18360	10.0	water activities	water polo
18365	3.0	18365	3.0	water activities	water volleyball

1993		2000			
compcode	METS	compcode	METS	heading	description
		18366	8.0	water activities	water jogging
18370	5.0	18370	5.0	water activities	whitewater rafting, kayaking, or canoeing
19010	6.0	19010	6.0	winter activities	moving ice house (set up/drill holes, etc.)
19020	5.5	19020	5.5	winter activities	skating, ice, 9 mph or less
19030	7.0	19030	7.0	winter activities	skating, ice, general (Taylor Code 360)
19040	9.0	19040	9.0	winter activities	skating, ice, rapidly, more than 9 mph
19050	15.0	19050	15.0	winter activities	skating, speed, competitive
19060	7.0	19060	7.0	winter activities	ski jumping (climb up carrying skis)
19075	7.0	19075	7.0	winter activities	skiing, general
19080	7.0	19080	7.0	winter activities	skiing, cross country, 2.5 mph, slow or light effort, ski walking
19090	8.0	19090	8.0	winter activities	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
19100	9.0	19100	9.0	winter activities	skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
19110	14.0	19110	14.0	winter activities	skiing, cross country, >8.0 mph, racing
19130	16.5	19130	16.5	winter activities	skiing, cross country, hard snow, uphill, maximum, snow mountaineering
19150	5.0	19150	5.0	winter activities	skiing, downhill, light effort
19160	6.0	19160	6.0	winter activities	skiing, downhill, moderate effort, general
19170	8.0	19170	8.0	winter activities	skiing, downhill, vigorous effort, racing
19180	7.0	19180	7.0	winter activities	sledding, tobogganing, bobsledding, luge (Taylor Code 370)
19190	8.0	19190	8.0	winter activities	snow shoeing
19200	3.5	19200	3.5	winter activities	snowmobiling
		20000	1.0	religious activities	sitting in church, in service, attending a ceremony, sitting quietly
		20001	2.5	religious activities	sitting, playing an instrument at church
		20005	1.5	religious activities	sitting in church, talking or singing, attending a ceremony, sitting, active participation
		20010	1.3	religious activities	sitting, reading religious materials at home
		20015	1.2	religious activities	standing in church (quietly), attending a ceremony, standing quietly
		20020	2.0	religious activities	standing, singing in church, attending a ceremony, standing, active participation
		20025	1.0	religious activities	kneeling in church/at home (praying)
		20030	1.8	religious activities	standing, talking in church
		20035	2.0	religious activities	walking in church
		20036	2.0	religious activities	walking, less than 2.0 mph - very slow
		20037	3.3	religious activities	walking, 3.0 mph, moderate speed, not carrying anything
		20038	3.8	religious activities	walking, 3.5 mph, brisk speed, not carrying anything
		20039	2.0	religious activities	walk/stand combination for religious purposes, usher
		20040	5.0	religious activities	praise with dance or run, spiritual dancing in church
		20045	2.5	religious activities	serving food at church
		20046	2.0	religious activities	preparing food at church
		20047	2.3	religious activities	washing dishes/cleaning kitchen at church
		20050	1.5	religious activities	eating at church
		20055	2.0	religious activities	eating/talking at church or standing eating, American Indian Feast day
		20060	3.0	religious activities	cleaning church
		20061	5.0	religious activities	general yard work at church
		20065	2.5	religious activities	standing - moderate (lifting 50 lbs., assembling at fast rate)
		20095	4.0	religious activities	standing - moderate/heavy work
		20100	1.5	religious activities	typing, electric, manual, or computer
		21000	1.5	volunteer activities	sitting - meeting, general, and/or with talking involved
		21005	1.5	volunteer activities	sitting - light office work, in general
		21010	2.5	volunteer activities	sitting - moderate work
		21015	2.3	volunteer activities	standing - light work (filing, talking, assembling)
		21016	2.5	volunteer activities	sitting, child care, only active periods
		21017	3.0	volunteer activities	standing, child care, only active periods
		21018	4.0	volunteer activities	walk/run play with children, moderate, only active periods
		21019	5.0	volunteer activities	walk/run play with children, vigorous, only active periods
		21020	3.0	volunteer activities	standing - light/moderate work (pack boxes, assemble/repair, set up chairs/furniture)
		21025	3.5	volunteer activities	standing - moderate (lifting 50 lbs., assembling at fast rate)
		21030	4.0	volunteer activities	standing - moderate/heavy work
		21035	1.5	volunteer activities	typing, electric, manual, or computer

1993	2000				
compcode	METS	compcode	METS	heading	description
		21040	2.0	volunteer activities	walking, less than 2.0 mph, very slow
		21045	3.3	volunteer activities	walking, 3.0 mph, moderate speed, not carrying anything
		21050	3.8	volunteer activities	walking, 3.5 mph, brisk speed, not carrying anything
		21055	3.0	volunteer activities	walking, 2.5 mph slowly and carrying objects less than 25 pounds
		21060	4.0	volunteer activities	walking, 3.0 mph moderately and carrying objects less than 25 pounds, pushing something
		21065	4.5	volunteer activities	walking, 3.5 mph, briskly and carrying objects less than 25 pounds
		21070	3.0	volunteer activities	walk/stand combination, for volunteer purposes

Footnote: METS for certain golfing activities were revised downward from 1993 estimates based on measurement of the activity using indirect calorimetry.