

2024 Adult Compendium of Physical Activities

1993		2000		2011		2024		Activity Description				
Code	MET	Code	MET	Code	MET	Code	MET					
Bicycling												
				01003	14.0	01003	14.0	Bicycling, mountain, uphill, vigorous				
				01004	16.0	01004	16.0	Bicycling, mountain, competitive racing				
				01008	8.5	01008	8.5	Bicycling, BMX				
01009	8.5	01009	8.5	01009	8.5	01009	8.5	Bicycling, mountain, general				
01010	4.0	01010	4.0	01010	4.0	01010	4.0	Bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)				
				01011	6.8	01011	6.8	Bicycling, to/from work, self selected pace				
				01013	5.8	01013	5.8	Bicycling, on dirt or farm road, moderate pace				
						01014	7.0	Bicycling, general				
				01015	8.0	01015	4.3	Bicycling, self-selected easy pace				
						01016	7.0	Bicycling, self-selected moderate pace				
						01017	9.0	Bicycling, self-selected vigorous pace				
						01018	3.5	Bicycling, leisure 5.5 mph				
						01019	5.8	Bicycling, leisure, 9.4 mph				
				01020	6.0	01020	6.0	01020	6.8	01020	6.8	Bicycling, 10-11.9 mph, leisure, slow, light effort
				01030	8.0	01030	8.0	01030	8.0	01030	8.0	Bicycling, 12-13.9 mph, leisure, moderate effort
01040	10.0	01040	10.0	01040	10.0	01040	10.0	Bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort				
01050	12.0	01050	12.0	01050	12.0	01050	12.0	Bicycling, 16-19 mph, racing/not drafting or >19 mph drafting, very fast, racing general				
01060	16.0	01060	16.0	01060	15.8	01060	16.8	Bicycling, >20 mph, racing, not drafting				
				01065	8.5	01065	8.5	Bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm				
				01066	9.0	01066	9.0	Bicycling, 12 mph, standing, hands on brake hoods, 60 rpm				
				01070	5.0	01070	5.0	01070	5.0	Unicycling		
						01080	6.8	E-bike (electrically assisted) without electronic support				
						01084	6.0	E-bike (electrically assisted) with light electronic support				
						01088	4.0	E-bike (electrically assisted) with high electronic support				
						01200	6.8	Bicycling, stationary, general				
						01210	3.5	Bicycling, stationary, 25-30 watts, very light to light effort				
						01214	4.0	Bicycling, stationary, 50 watts, light effort				
						01216	5.0	Bicycling, stationary, 60 watts, light to moderate effort				
						01218	5.8	Bicycling, stationary, 70-80 watts				
						01220	6.0	Bicycling, stationary, 90-100 watts, moderate to vigorous				
						01224	6.8	Bicycling, stationary, 101-125 watts				
						01228	8.0	Bicycling, stationary, 126-150 watts				
						01232	10.3	Bicycling, stationary, 151-199 watts				
						01236	10.8	Bicycling, stationary, 200-229 watts, vigorous				
						01240	12.5	Bicycling, stationary, 230-250 watts, very vigorous				
						01244	13.8	Bicycling, stationary, 270-305 watts, very vigorous				
		01248	16.3	Bicycling, stationary, >325 watts, very vigorous								
		01252	5.5	Bicycling, concentric only, 100 W								
		01254	11.0	Bicycling, concentric only, 200 W								
		01262	2.3	Bicycling, eccentric only, 100 to 149 W								
		01264	4.0	Bicycling, eccentric only, 200 W								
		01270	9.0	Bicycling, stationary, RPM/Spin bike class								

				01290	8.8	Bicycling, interactive virtual cycling, indoor cycle ergometer,
				01305	8.8	Bicycling, high intensity interval training
Conditioning Exercise						
				02000	7.3	Aerobic, general
		02001	2.3	02001	5.5	Aerobic, step, with 4-inch step
				02002	7.3	Aerobic, step, with 6 – 8 inch step
		02003	3.8	02003	9.0	Aerobic, step, with 10 – 12 inch step
				02004	7.8	Bench step class, general
		02005	7.2	02005	4.8	Aerobic dance, low impact, moderate effort
				02006	8.0	Aerobic dance, high impact, vigorous effort
				02007	10.0	Aerobic dance wearing 10-15 lb weights
		02008	5.0	02008	5.0	Army type obstacle course exercise, boot camp training program
02010	7.0	02010	7.0	02010	7.0	
02011	3.0	02011	3.0	02011	3.5	
02012	5.5	02012	5.5	02012	6.8	
02013	7.0	02013	7.0	02013	8.8	
02014	10.5	02014	10.5	02014	11.0	
02015	12.5	02015	12.5	02015	14.0	
				02017	4.8	
				02019	8.5	
02020	8.0	02020	8.0	02020	7.5	Calisthenics (e.g., pushups, sit ups, pull-ups, jumping jacks, burpees, battling ropes), vigorous effort
				02022	3.8	Calisthenics (e.g., pushups, sit ups, pull-ups, lunges), moderate effort
				02024	2.8	Calisthenics (e.g., curl ups, abdominal crunches, plank), light effort
02030	3.5	02030	3.5	02030	3.5	Calisthenics, light or moderate effort, general (e.g., back exercises), going up & down from floor (Taylor Code 150)
				02032	6.0	Circuit training, body weight exercises
				02034	3.5	Circuit training, light effort
		02035	4.3	02035	5.0	Circuit training, moderate effort
02040	8.0	02040	8.0	02040	7.5	Circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
		02045	3.5	02045	3.5	Curves™ exercise routines in women
		02048	5.0	02048	5.0	Elliptical trainer, moderate effort
				02049	9.0	Elliptical trainer, vigorous effort
02050	6.0	02050	6.0	02050	6.0	Resistance (weight lifting - free weight, nautilus or universal-type), power lifting or body building, vigorous effort (Taylor Code 210)
		02052	5.0	02052	5.0	Resistance (weight) training, squats, deadlift, slow or explosive effort
		02054	3.5	02054	3.5	Resistance (weight) training, multiple exercises, 8-15 reps at varied resistance
				02055	5.8	Resistance Training , circuit, reciprocal supersets, peripheral hear action training
				02056	3.0	Body weight resistance exercises (e.g., squat, lunge, push-up, crunch), general
				02057	6.5	Body weight resistance exercises (e.g., squat, lunge, push-up, crunch), high intensity
				02058	9.8	Kettle bell swings
02060	5.5	02060	5.5	02060	5.5	Health club exercise, general (Taylor Code 160)
		02061	5.0	02061	5.0	Health club exercise classes general, gym/weight training combined in one visit
		02062	7.8	02062	7.8	Health club exercise, conditioning classes
		02064	3.8	02064	3.8	Home exercise, general

02065	9.0	02065	9.0	02065	9.0	02065	9.3	Stair treadmill ergometer, general
				02068	12.3	02068	11.0	Rope skipping exercise, general
						02069	9.0	Jumping rope, Digi-Jump Maching, 120 jumps/minute
02070	7.0	02070	7.0	02070	6.0	02070	7.3	Rowing, stationary ergometer, general, vigorous effort
02071	3.5	02071	3.5	02071	4.8	02071	5.0	Rowing, stationary ergometer, general, <100 watts, moderate effort
02072	7.0	02072	7.0	02072	7.0	02072	7.5	Rowing, stationary, 100 to 149 watts, vigorous effort
02073	8.5	02073	8.5	02073	8.5	02073	11.0	Rowing, stationary, 150 to 199 watts, vigorous effort
02074	12.0	02074	12.0	02074	12.0	02074	14.0	Rowing, stationary, ≥ 200 watts, very vigorous effort
						02078	11.0	Shuttle running, forward/backward/lateral
02080	7.0	02080	7.0	02080	6.8	02080	6.8	Ski machine, general
						02082	10.5	Ski ergometer, cross country, double poling, slow to moderate speed
						02084	18.0	Ski ergometer, cross country, double poling, fast to maximum speed
				02085	11.0	02085	10.5	Slide board exercise, general
02090	6.0	02090	6.0	02090	6.0	02090	6.0	Slimnastics, jazzercise
02100	2.5	02100	2.5					
.	.	02101	2.5	02101	2.3	02101	2.3	Stretching, mild
						02103	1.8	Pilates, traditional, mat
				02105	3.0	02105	2.8	Pilates, general
						02107	8.5	Pound, combination of Pilates and body movements with drumming
						02108	4.5	Pole dancing, exercise class
02110	6.0	02110	6.0	02110	6.8	02110	6.8	Teaching exercise classes (e.g., aerobic, water)
				02112	2.8	02112	2.8	Therapeutic exercise ball, Fitball exercise
						02114	9.5	Therapeutic exercise ball, Fitball exercise, high intensity
				02115	2.8	02115	2.8	Upper body exercise, arm ergometer, general, light
						02116	2.0	Arm Ergometer, hand bike, 15W
				02117	4.3	02117	2.8	Arm Ergometer, hand bike, 25-30W
						02118	3.5	Arm Ergometer, hand bike, 45W
						02119	4.3	Upper body exercise, stationary bicycle - Airdyne (arms only) 40 rpm, moderate intensity
02120	4.0	02120	4.0	02120	5.3	02120	5.3	Water aerobics, water calisthenics, water exercise
02130	3.0	02130	3.0					
02135	1.0	02135	1.0	02135	1.3	02135	1.3	Whirlpool, sitting
				02140	2.3	02140	2.5	Video, exercise workouts, TV conditioning programs (e.g., yoga, stretching, seated), light effort
				02143	4.0	02143	4.0	Video, exercise workouts, TV conditioning programs (e.g., cardio-resistance training), moderate
						02145	6.0	Video, exercise workouts, TV conditioning programs (e.g., cardio-resistance training), vigorous
				02146	6.0			
				02150	2.5	02150	2.3	Yoga, Hatha
						02153	8.0	Yoga, Hatha, high intensity
						02155	3.0	Yoga, Hot
				02160	4.0	02160	4.0	Yoga, Power
				02170	2.0	02170	2.0	Yoga, Nadisodhana
						02175	2.3	Yoga, General
				02180	3.3	02180	3.5	Yoga, Surya Namaskar
						02185	2.7	Yoga, Vinyasa

		02200	5.3	02200	5.3	Native New Zealander PA, (e.g., Haka Powhiri, Poi, Moteatea, etc.), general moderate effort		
		02205	6.8	02205	6.8	Native New Zealander PA, general, vigorous effort		
				02210	7.0	High intensity interval exercise, moderate effort		
				02214	11.0	High intensity interval exercise, burpees, mountain climbers, squat jumps, Tabata, vigorous effort		
				02225	2.3	Balance Exercise Assist Robot (BEAR), simulated skiing, tennis, rodeo		
				02230	5.8	Hooping (formerly known as hula® hooping)		
				02240	9.0	Impulse Training System, Inertial Exercise Trainer		
				02280	8.3	Virtual Reality Fitness, Supernatural™ “Flow”, “Boxing" vigorous intensity		
				02284	9.3	ExerCube, workout series		
				02288	13.0	Blackbox Immersive virtual reality exergaming system, vigorous intensity		
				02300	3.0	Wand exercise, Life-Build-Line		
				02310	6.5	Zumba, group class		
				02315	5.5	Zumba, home video		
				02340	2.8	Sit to stand exercise, 6-12 times/min		
				02344	4.0	Sit to stand exercise, 18-24 times/min		
Dancing								
03010	6.0	03010	4.8	03010	5.0	03050	6.0	Afro-Cuban salsa (Cuban cha-cha-cha, mambo, Afro rumba, contratiempo son steps, orisha/santo movements)
				03012	6.8			
				03014	4.8			
						03011	6.3	Ballet exercises (plie, tendus, jetes, rond de Jambes, fondus, grand battement, grand adage, sautes, temp Leve's)
						03012	6.8	Ballet, modern, or jazz, performance, vigorous effort
						03014	4.8	Tap
03015	6.0	03015	6.5	03015	7.3	03015	6.5	
				03016	7.5			
				03017	9.5			
				03018	5.5			
				03019	8.5			
03020	5.0	03020	5.0	03020	5.0			
03021	7.0	03021	7.0	03021	7.3			
				03022	10.0			
03025	4.5	03025	4.5	03025	4.5	03025	4.5	Ethnic or cultural dancing (e.g. Greek, Middle Eastern, hula, salsa, merengue, bamba y plena, flamenco, belly, and swing)
						03028	5.5	Chinese square dance, Ballet & Tibetan dance
						03029	7.3	Chinese square dance, aerobic dance
03030	5.5	03030	5.5	03030	5.5	03030	5.5	Ballroom dancing, fast (Taylor Code 125)
		03031	4.5	03031	7.8	03031	9.8	Nightclub or folk dancing, vigorous effort (e.g., nightclub, disco, folk, line dancing, Irish step dancing, polka, contra)
						03033	5.0	Folk dancing, moderate effort
				03038	11.3	03038	11.3	Ballroom dancing, competitive, general
						03039	13.0	ballroom dance, DanceSport competition (modern waltz, tango, Viennese waltz, slow fox, quick step, samba, chacha, rumba, paso doble, jive)
03040	3.0	03040	3.0	03040	3.0	03040	3.0	Ballroom, slow, examples: waltz, foxtrot, slow dancing, samba tango, rumba, 19th century dance, mambo, cha cha
						03042	6.0	Ballroom Dance, Recreational (Waltz, Foxtrot, Cha-cha, Swing)

	03050	5.5	03050	5.5	03050	5.5	Anishinaabe Jingle dancing, brisk pace, other traditional American Indian dancing performed by women, moderate effort	
			03060	3.5	03060	3.5	Caribbean dance (Abakua, Beguine, Bellair, Bongo, Brukin’s, Caribbean Quadrills, Dinki Mini, Gere, Gumbay, Ibo, Jonkonnu, Kumina, Oreisha, Jambu)	
					03070	3.8	Contemporary dancing, general	
					03072	4.3	Contemporary dancing, nightclub	
					03075	8.5	Flamenco dance	
					03078	4.5	Jazz dancing, general	
					03080	10.3	Musical Theater, Singing/dancing	
					03085	5.8	Polynesian dance, Hawaiian hula slow, Maori haka, Tongan	
					03086	7.0	Polynesian dance, Hawaiian hula fast, Samoan sasa, Fijian style fast, Filipino Tinikling	
					03087	8.8	Polynesian dance, Samoan slap, Tahitian	
					03090	4.8	Salsa Dancing, with partner	
					03091	6.3	Salsa dancing, to a video	
					03093	5.5	Square Dancing, American Western, country	
Fishing & Hunting								
04001	4.0	04001	3.0	04001	3.5	Fishing, general		
				04005	4.5	04005	4.5	Fishing, crab fishing
				04007	4.0	04007	4.0	Fishing, catching fish with hands
				04010	4.3	04010	4.3	Fishing related, digging worms, with shovel
				04020	4.0	04020	4.0	Fishing from river bank and walking
				04030	2.0	04030	2.0	Fishing from boat or canoe, sitting
				04040	3.5	04040	3.5	Fishing from river bank, standing (Taylor Code 660)
				04050	6.0	04050	6.0	Fishing in stream, in waders (Taylor Code 670)
				04060	2.0	04060	2.0	Fishing, ice, sitting
				04061	1.8	04061	1.8	Fishing, jig or line, standing, general
				04062	3.5	04062	3.5	Fishing, dip net, setting net and retrieving fish, general
				04063	3.8	04063	3.8	Fishing, set net, setting net and retrieving fish, general
				04064	3.0	04064	3.0	Fishing, fishing wheel, setting net and retrieving fish, general
				04065	2.3	04065	2.3	Fishing with a spear, standing
04070	2.5	04070	2.5	Hunting, bow and arrow or crossbow				
04080	6.0	04080	6.0	04080	6.0	Hunting, deer, elk, large game (Taylor Code 170)		
				04081	9.8	Hunting large game, dragging carcass		
				04083	4.0	Hunting large marine animals		
				04085	2.5	Hunting, large game from a hunting stand, limited walking		
04090	2.5	04090	2.5	04086	2.0	Hunting large game from a car, plane, or boat		
				04090	2.5	Hunting, duck, wading		
				04095	3.0	Hunting flying fox, squirrel		
				04100	5.0	Hunting, general		
04110	6.0	04110	6.0	04110	6.0	Hunting, pheasants or grouse (Taylor Code 680)		
04120	5.0	04120	5.0	04115	3.3	Hunting birds		
				04120	5.0	Hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)		
				04123	3.3	Hunting pigs, wild		
				04124	2.0	Trapping game, general		
04130	2.5	04130	2.5	04125	9.5	Hunting - hiking with hunting gear		
				04130	2.5	Pistol shooting or trap shooting, standing		

				04140	2.3	04140	2.3	Rifle exercises, shooting, lying down		
				04145	2.5	04145	2.5	Rifle exercises, shooting, kneeling or standing		
						04150	2.8	Foraging, 0-9.9kg backpack		
						04152	3.0	Foraging, 10-15kg backpack		
						04160	1.0	Sitting in boat, passenger		
						04164	1.5	Standing in boat		
						04168	3.3	Activities in a boat, lifting, lowering		
Home Activities										
05010	2.5	05010	3.3	05010	3.3	05010	3.3	Cleaning, sweeping carpet or floors, general		
				05011	2.3	05011	2.3	Cleaning, sweeping, slow, light effort		
05020	4.5	05020	3.0	05012	3.8	05012	3.8	Cleaning, sweeping, fast, moderate effort		
				05020	3.5	05020	3.5	cleaning heavy or major (e.g., wash car, clean garage), moderate effort		
				05021	3.5	05021	3.5	Cleaning, mopping, standing, moderate effort		
				05022	3.2	05022	3.3	Cleaning windows, washing windows, general		
				05023	2.5	05023	2.5	Mopping, standing, light effort		
				05024	4.5	05024	4.5	Polishing floors, standing, walking slowly, using electric polishing machine		
				05025	2.5	05025	2.8	Multiple household tasks all at once, light effort		
05030	3.5	05026	3.5	05026	3.3	05026	3.3	Multiple household tasks all at once, moderate effort		
				05027	4.0	05027	4.3	Multiple household tasks all at once, vigorous effort		
				05030	3.0	05030	3.3	Cleaning, house or cabin, general, moderate effort		
				05032	2.3	05032	2.5	Dusting or polishing furniture, general		
				05035	3.3	05035	3.3	Kitchen activity, general, (e.g., cooking, washing dishes, cleaning up) moderate effort		
				05040	2.5	05040	2.5	Cleaning, general (straightening up, changing linen, carrying out trash), light effort		
				05041	2.3	05041	1.8	05041	2.0	Wash dishes, standing or in general (not broken into stand/walk components)
05042	2.3	05042	2.5	05042	2.5	05042	2.0	Wash dishes, clearing dishes from table, walking, light effort		
				05043	3.5	05043	3.0	Vacuuming, general, moderate effort		
				05044	3.0	05044	3.0	Butchering animals, small		
				05045	6.0	05045	6.0	Butchering animals, large, vigorous effort		
				05046	2.3	05046	2.3	Cutting and smoking fish, drying fish or meat		
				05048	4.0	05048	4.0	Tanning hides, general		
				05049	3.5	05049	3.5	Cooking or food preparation, moderate effort		
				05050	2.5	05050	2.0	05050	2.0	Cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliances, light effort
				05051	2.5	05051	2.5	05051	2.3	Cooking or food preparation, walking
05052	2.5	05052	2.5	05052	2.5	05052	2.3	Serving food, setting/cleaning table, implied walking or standing		
				05053	2.5	05053	2.5	Feeding household animals		
05055	2.5	05055	2.5	05055	2.5	05054	3.5	carrying groceries, on level ground, walking		
05056	8.0	05056	7.5	05056	7.5	05055	2.5	Putting away groceries (e.g. carrying groceries, carrying packages)		
				05057	3.0	05056	5.3	Carrying groceries upstairs		
05060	3.5	05060	2.3	05060	2.3	05057	3.0	Cooking Indian bread or other food on an outside stove		
05065	2.0	05065	2.3	05065	2.3	05060	3.3	Food shopping with or without a grocery cart; carrying a 10 lb bag; standing or walking		
				05070	2.3	05070	1.8	05065	2.3	Non-food shopping, with or without cart, standing or walking
				05080	1.5	05080	1.3	05070	1.8	Ironing
				05082	2.8	05080	1.3	05080	1.3	Knitting, sewing, light effort, wrapping presents, sitting
				05090	2.0	05090	2.0	05082	2.8	Sewing with a machine

05130	5.5			05092	4.0	05090	2.3	Laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
				05095	2.3	05091	2.0	Laundry, fold or hang clothes, sitting
				05100	2.0	05092	4.0	Laundry, moderate effort
				05110	5.0	05095	2.0	Laundry, putting away clothes, gathering clothes to pack, putting away laundry, implied walking
				05120	6.0	05100	3.0	Making bed, changing linens
				05121	5.0	05110	5.0	Maple syruping/sugar bushing (including carrying buckets, carrying wood)
				05125	4.8	05120	5.8	Moving furniture, household items, carrying boxes
				05130	3.8	05121	5.0	Moving, lifting light loads
				05131	2.0	05125	4.8	Organizing a room
				05132	6.5	05130	3.5	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, moderate effort
				05140	4.0	05131	2.0	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, light effort
				05146	3.5	05132	6.5	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort
				05147	3.0	05140	3.0	Sweeping garage, sidewalk, or outside house
				05148	2.5	05146	3.8	Standing, packing/unpacking boxes, occasional lifting lightweight household items, loading or unloading items into a car, moderate effort
				05149	2.5	05147	3.0	Implied walking, putting away household items, moderate effort
				05150	9.0	05148	2.0	Watering plants
				05160	2.5	05149	2.5	Building a fire inside
				05165	3.0	05150	9.0	Moving household items upstairs, carrying boxes or furniture
				05170	2.5	05160	2.0	Standing, light effort tasks (pump gas, change light bulb, etc.)
				05171	2.8	05165	3.5	Walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)
05175	4.0	05175	4.0	05175	3.5	05170	2.3	Sitting, playing with child(ren), light effort, only active periods
05180	5.0	05180	5.0	05180	5.8	05171	2.8	Standing, playing with child(ren), light effort, only active periods
		05181	3.0	05181	3.0	05175	3.5	Walking/running, playing with child(ren), moderate effort, only active periods
05185	3.0			05182	2.3	05180	5.8	Walking/running, playing with child(ren), vigorous effort, only active periods
				05183	2.0	05181	3.0	Walking and carrying small child, child weighing 15 lbs or more
				05184	2.5	05182	2.5	Walking and carrying small child, child weighing less than 15 lbs
				05185	2.0	05183	2.0	Standing, holding child
				05186	3.0	08184	2.5	Child care, infant, general
				05187	4.0	05185	2.0	Child care: sitting or kneeling, dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general
05186	3.5			05188	1.5	05186	3.5	Child care: standing, dressing, bathing, grooming, feeding, occasional lifting of child- light effort
				05189	2.0	05188	1.5	Reclining with baby
				05190	2.5	05189	2.0	Breastfeeding, sitting or reclining
				05191	2.8	05190	2.5	Sit, playing with animals, light, only active period
				05192	2.8	05191	2.8	Stand, playing with animals, light effort, only active periods
				05193	4.0	05192	2.8	Walk or run, playing with animals, general, light effort, only active periods
				05194	5.0	05193	4.0	Walk/run, playing with animals, moderate effort, only active periods
				05195	3.5	05194	5.0	Walk/run, playing with animals, vigorous effort, only active periods
				05197	2.3	05195	3.5	Standing, bathing dog
				05200	4.0	05197	2.3	Animal care, household animals, general
				05205	2.3	05200	3.0	Elder care, disabled adult, bathing, dressing, moving into and out of bed, only active periods

				05205	1.8	Elder care, disabled adult, feeding, combing hair, light effort, only active periods
				05300	1.3	Handwashing
Home Repair						
06010	3.0	06010	3.0	06010	3.0	Airplane repair
06020	4.5	06020	4.0	06020	4.0	Automobile body work
06030	3.0	06030	3.0	06030	3.3	Automobile repair, light or moderate effort
06040	3.0	06040	3.0	06040	3.0	Carpentry, general, workshop (Taylor Code 620)
06050	6.0	06050	6.0	06050	6.0	Carpentry, outside house, (Taylor Code 640)
				06052	3.8	Carpentry, outside house, building a fence
06060	4.5	06060	4.5	06060	3.3	Carpentry, finishing, varnishing, or refinishing cabinets or furniture
06070	7.5	06070	7.5	06070	6.0	Carpentry, sawing hardwood, planing and drilling wood, moderate-to-vigorous effort
				06072	4.0	Carpentry, home remodeling tasks, moderate effort
				06074	2.3	Carpentry, home remodeling tasks, light effort
06080	5.0	06080	5.0	06080	5.0	Caulking, chinking log cabin
06090	4.5	06090	4.5	06090	4.5	Caulking, except log cabin
06100	5.0	06100	5.0	06100	5.0	Cleaning gutters
06110	5.0	06110	5.0	06110	5.0	Excavating garage
06120	5.0	06120	5.0	06120	5.0	Hanging storm windows
				06122	5.0	Hanging sheet rock inside house
				06124	3.0	Hammering nails
				06126	2.5	Home repair, general, light effort
				06127	4.5	Home repair, general, moderate effort
				06128	6.0	Home repair, general, vigorous effort
06130	4.5	06130	4.5	06130	4.5	Laying or removing carpet
06140	4.5	06140	4.5	06140	3.8	Laying tile or linoleum
				06144	3.0	Repairing appliances
06150	5.0	06150	5.0	06150	5.0	Painting, outside home (Taylor Code 650)
06160	4.5	06160	3.0	06160	3.3	Painting inside house, wallpapering, scraping paint
		06165	4.5	06165	4.5	Painting (Taylor Code 630)
				06167	3.0	Plumbing, general
06170	3.0	06170	3.0	06170	3.0	Put on and removal of tarp – sailboat
06180	6.0	06180	6.0	06180	6.0	Roofing
06190	4.5	06190	4.5	06190	4.5	Sanding floors with a power sander
06200	4.5	06200	4.5	06200	4.5	Scraping and painting sailboat or powerboat
				06205	2.0	Sharpening tools
06210	5.0	06210	5.0	06210	5.0	Spreading dirt with a shovel
06220	4.5	06220	4.5	06220	4.5	Washing and waxing hull of sailboat or airplane
				06225	2.0	Washing and waxing car
06230	4.5	06230	4.5	06230	4.5	Washing fence, painting fence, moderate effort
06240	3.0	06240	3.0	06240	3.3	Wiring, tapping-splicing
Inactivity						
07010	0.9	07010	1.0	07010	1.0	Lying quietly and watching television
		07011	1.0	07011	1.0	Lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
07020	1.0	07020	1.0	07020	1.0	Sit, watch television
				07021	1.0	Sitting quietly, general
				07022	1.5	Sitting quietly, fidgeting, general, fidgeting hands

07030 07040 07050 07060 07070	0.9 1.2 1.0 1.0 1.0	07030 07040 07050 07060 07070 07075	0.9 1.2 1.0 1.0 1.0 1.0	07023	1.8	07023	1.8	Sitting, fidget feet
				07024	1.3	07024	1.3	Sitting smoking
				07025	1.5	07025	1.5	Sitting, listening to music (not talking or reading) or watching a movie in a theater
				07026	1.3	07026	1.3	Sitting at a desk, resting head in hands
				07030	0.95	07030	1.0	Sleeping
				07040	1.3	07040	1.3	Standing quietly (standing in a line)
				07041	1.8	07041	1.5	Standing (fidgeting)
07050 07060 07070	1.0 1.0 1.0	07050 07060 07070 07075	1.0 1.0 1.0 1.0			07045	1.3	standing watching television
				07050	1.3	07050	1.5	Reclining, writing
				07060	1.3	07060	1.3	Reclining, talking or talking on phone
				07070	1.3	07070	1.3	Reclining, reading
				07075	1.0	07075	1.0	Meditating

Lawn & Garden

08010	5.0	08010	5.0	08009	3.3	08009	4.1	Carrying, loading or stacking wood, loading/unloading or carrying lumber, light-to- moderate effort
				08010	5.5	08010	5.5	Carrying, loading or stacking wood, loading/unloading or carrying lumber, moderate effort
08020	6.0	08020	6.0	08019	4.5	08019	4.5	Chopping wood, splitting logs, moderate effort
				08020	6.3	08020	6.5	Chopping wood, splitting logs, vigorous effort
08030	5.0	08030	5.0	08025	3.5	08025	3.5	Clearing light brush, thinning garden, moderate effort
				08030	6.3	08030	6.3	Clearing land, haul brush, undergrowth, or ground, vigorous effort
08040	5.0	08040	5.0	08040	5.0	08040	5.0	Digging sandbox, shoveling sand
				08045	3.5	08045	3.5	Digging, spading, filling garden, composting, light-to-moderate effort
08050	5.0	08050	5.0	08050	5.0	08050	5.0	Digging, spading, filling garden, composting (Taylor Code 590)
				08052	7.8	08052	7.3	Digging, spading, filling garden, composting, vigorous effort
08060	6.0	08060	6.0	08055	2.8	08055	2.8	Driving tractor
				08057	8.3	08057	8.3	Felling trees, large size
08080	5.0	08080	5.0	08058	5.3	08058	5.3	Felling trees, small-medium size
				08060	5.8	08060	5.8	Gardening with heavy power tools, using chain saw, tilling a garden
08090	5.0	08090	5.0	08065	2.3	08066	2.0	gardening, general
				08070	4.0	08070	4.0	Irrigation channels, opening and closing ports
08095	5.5	08095	5.5	08080	6.3	08080	6.3	Laying crushed rock or gravel
				08090	5.0	08090	5.0	Laying sod
08100	2.5	08100	2.5	08095	5.5	08095	5.5	Mowing lawn, general, walking, moderate effort
				08100	2.5	08100	2.5	Mowing lawn, riding mower (Taylor Code 550)
08110	6.0	08110	6.0	08100	2.5	08100	2.5	Mowing lawn, riding mower (Taylor Code 550)
				08110	6.0	08110	6.0	Mowing lawn, hand mower, vigorous effort (Taylor Code 570)
08120	4.5	08120	5.5	08110	6.0	08110	6.0	Mowing lawn, hand mower, vigorous effort (Taylor Code 570)
				08120	5.0	08120	5.0	Mowing lawn, walk, power mower, moderate or vigorous effort
08130	4.5	08130	4.5	08125	4.5	08125	4.5	Mowing lawn, power mower, light or moderate effort (Taylor Code 590)
				08130	2.5	08130	2.5	Operating snow blower, walking
08140	4.0	08140	4.5	08135	2.0	08135	2.6	Planting, potting, transplanting seedlings or plants, light effort
				08140	4.3	08140	4.3	Planting seedlings, shrubs, stooping, moderate effort
08150	4.5	08150	4.5	08145	4.3	08145	4.3	Planting crops or garden, stooping, moderate effort
				08150	4.5	08150	4.5	Planting trees
08160	4.0	08160	4.3	08160	3.8	08160	4.0	Raking lawn or leaves, moderate effort
				08165	4.0	08165	4.0	Raking lawn (Taylor Code 600)
08170	4.0	08170	4.0	08170	4.0	08170	4.0	Raking roof with snow rake
				08180	3.0	08180	3.0	Riding snow blower

08190	4.0	08190	4.0	08190	4.0	08190	4.0	Sacking grass, leaves
				08192	5.5	08192	5.5	Shoveling dirt or mud
				08195	5.3	08195	5.3	Shoveling snow, by hand, moderate effort
08200	6.0	08200	6.0	08200	6.0	08200	6.0	Shoveling snow, by hand (Taylor Code 610)
				08202	7.5	08202	7.5	Shoveling snow, by hand, vigorous effort
08210	4.5	08210	4.5	08210	4.0	08210	3.8	Trimming shrubs or trees, manual cutter
08215	3.5	08215	3.5	08215	3.5	08215	3.3	Trimming shrubs or trees, power cutter, using leaf blower, edger, moderate effort
08220	2.5	08220	2.5	08220	3.0	08220	3.0	Walking, applying fertilizer or seeding a lawn, push applicator
08230	1.5	08230	1.5	08230	1.5	08230	4.0	Watering lawn or garden, standing or walking
				08239	3.5	08239	3.8	Weeding, cultivating garden, light-to-moderate effort
08240	4.5	08240	4.5	08240	4.5	08240	4.5	Weeding, cultivating garden, moderate effort (Taylor Code 580)
				08241	5.0	08241	5.0	Weeding, cultivating garden, using hoe moderate-to-vigorous effort
08245	5.0	08245	4.5	08245	3.8	08245	3.8	Gardening, general, moderate effort
		08246	3.0	08246	3.5	08246	3.5	Picking fruit or coffee from trees, moderate effort
				08248	4.5	08248	4.5	Harvesting Produce, Picking fruit off trees, gleaning fruits, picking fruits/vegetables, climbing ladder to pick fruit, vigorous effort
08250	3.0	08250	3.0	08250	3.3	08250	3.0	Implied walking/standing - picking up yard, light, picking flowers or vegetables
		08251	3.0	08251	3.0	08251	3.0	Walking, gathering gardening tools
				08255	5.5	08255	4.8	Wheel barrow, pushing garden cart or wheelbarrow, general
						08256	6.0	Wheel barrow, pushing large garden cart or heavy wheelbarrow up to 150kg
				08260	3.0	08260	2.3	Yardwork, general, light effort
				08261	4.0	08261	4.0	Yardwork, general, moderate effort
				08262	6.0	08262	6.0	Yardwork, general, vigorous effort

Miscellaneous

				09000	1.5	09000	1.3	Board game playing, sitting
				09005	2.5	09005	2.5	Casino gambling, standing
09010	1.5	09010	1.5	09010	1.5	09010	1.5	Card playing, sitting
				09013	1.5	09013	1.5	Chess game, sitting
				09015	1.5	09015	1.5	Copying or filing documents, standing
09020	2.0	09020	2.3	09020	1.8	09020	1.8	Drawing, writing, painting, standing
				09025	1.0	09025	1.0	Laughter, sitting
09030	1.3	09030	1.3	09030	1.3	09030	1.0	Sitting: reading, book, newspaper, magazine
09040	1.8	09040	1.8	09040	1.3	09034	1.8	sitting, typing or reading on a balance chair/stability ball
				09045	1.0	09036	2.0	watching tv, stepping during commercial breaks
09050	1.8	09050	1.8	09050	1.8	09040	1.3	Sitting: writing, desk work, typing
09055	1.5	09055	1.5	09055	1.5	09050	1.3	Standing: talking in person, on the phone, computer, text messaging, writing
09060	1.8	09060	1.8	09060	1.3	09055	1.3	Sitting: talking in person, on the phone, computer, or text messaging, light effort
09060	1.8	09060	1.8	09065	1.8	09060	1.5	Sitting - studying, general, including reading and/or writing, light effort
						09065	1.8	Sitting - in class, general, including note-taking or class discussion
09070	1.8	09070	1.8	09070	1.8	09070	1.0	Standing - reading
		09071	2.0	09071	2.5	09071	2.5	Standing: miscellaneous
		09075	1.5	09075	1.8	09075	1.8	Sitting: arts and crafts, carving wood, weaving, spinning wool, light effort
		09080	2.0	09080	3.0	09080	3.0	Sitting: arts and crafts, carving wood, weaving, spinning wool, moderate effort
		09085	1.8	09085	2.5	09085	2.5	Standing: arts and crafts, sand painting, carving, weaving, light effort
		09090	3.0	09090	3.3	09090	3.3	Standing - arts and crafts, sand painting, carving, weaving, moderate effort
		09095	3.5	09095	3.5	09095	3.5	Standing - arts and crafts, sand painting, carving, weaving, vigorous effort

	09100	1.5	09100	1.8	09100	1.5	Retreat/family reunion activities involving sitting, relaxing, talking, eating
			09101	3.0	09101	2.5	Retreat/family reunion activities involving playing games with children
	09105	2.0	09105	2.0	09105	2.0	Touring/traveling/vacation involving riding in vehicle
			09106	3.5	09106	3.5	Touring/traveling/vacation involving walking
	09110	2.5	09110	2.5	09110	2.5	Camping involving standing, walking, sitting, light-to-moderate effort
	09115	1.5	09115	1.5	09115	1.5	Sitting at a sporting event, spectator

Music Playing

10010	1.8	10010	1.8	10010	1.8	Accordion, sitting
10020	2.0	10020	2.0	10020	2.3	Cello, sitting
10030	2.5	10030	2.5	10030	2.3	Conducting orchestra, standing
				10035	2.5	Double bass, standing
10040	4.0	10040	4.0	10040	3.8	Drums, sitting
				10045	3.0	Drumming (e.g., bongo, conga, benbe), moderate, sitting
				10048	8.3	Drumming, concert/live show
10050	2.0	10050	2.0	10050	2.0	Flute, sitting
10060	2.0	10060	2.0	10060	1.8	Horn, standing
10070	2.5	10070	2.5	10070	2.3	Piano, sitting
				10074	2.0	Playing musical instruments, general
				10077	2.0	Organ, sitting
10080	3.5	10080	3.5	10080	3.5	Trombone, standing
10090	2.5	10090	2.5	10090	1.8	Trumpet, standing
10100	2.5	10100	2.5	10100	2.5	Violin, sitting
10110	2.0	10110	2.0	10110	1.8	Woodwind instruments, sitting
				10115	1.8	Brass instruments, sitting
10120	2.0	10120	2.0	10120	2.0	Guitar, classical, folk, sitting
10125	3.0	10125	3.0	10125	3.0	Guitar, rock and roll band, standing
10130	4.0	10130	4.0	10130	4.0	Marching band, baton twirling, walking, moderate pace, general
				10131	5.5	Marching band, playing an instrument, walking, brisk pace, general
10135	3.5	10135	3.5	10135	3.5	Marching band, drum major, walking

Occupation

				11000	2.0	Active workstation, Pedal desk, balance chair/ball, General, light effort
				11001	3.5	Active workstation, Pedal desk (40 watts)
				11002	5.3	Active workstation, Pedal desk (80 watts)
				11003	2.3	Active workstation, treadmill desk, walking slowly 1.0 mph or less
				11004	2.8	Active workstation, treadmill desk, walking 1.0 - 2.0 mph
				11006	3.0	Airline flight attendant
				11008	4.8	Apple Harvesting
11010	4.0	11010	4.0	11010	4.0	Bakery, general, moderate effort
		11015	2.5	11015	2.0	Bakery, light effort
11020	2.3	11020	2.3	11020	2.3	Bookbinding
11030	6.0	11030	6.0	11030	6.0	Building road, driving heavy machinery
11035	2.0	11035	2.0	11035	2.0	Building road, directing traffic, standing
				11038	2.5	Carpentry, general, light effort
11040	3.5	11040	3.5	11040	4.3	Carpentry, general, moderate effort
				11042	7.0	Carpentry, general, heavy or vigorous effort
11050	8.0	11050	8.0	11050	8.0	Carrying heavy loads (e.g., bricks, tools)

11060	8.0	11060	8.0	11060	8.0	11060	8.0	Carrying moderate loads up stairs, moving boxes, 25-49 lbs
11070	2.5	11070	2.5	11070	4.0	11070	4.0	Chambermaid, hotel housekeeper, making bed, cleaning bathroom, pushing cart
						11072	4.3	Cleaning, vacuuming commercial space
11080	6.5	11080	6.5	11080	5.3	11080	5.3	Coal mining, drilling coal, rock
11090	6.5	11090	6.5	11090	5.0	11090	5.0	Coal mining, erecting supports
11100	6.0	11100	6.0	11100	5.5	11100	5.5	Coal mining, general
11110	7.0	11110	7.0	11110	6.3	11110	6.3	Coal mining, shoveling coal, by hand
				11115	2.5	11115	2.5	Cook, chef
11120	5.5	11120	5.5	11120	4.0	11120	4.0	Construction, outside, remodeling, new structures (e.g., roof repair, miscellaneous)
		11121	3.0					
		11122	2.5					
		11123	2.5					
		11124	4.0			11124	2.3	Construction, rebar, bar bending/fixing
		11125	3.5	11125	2.3	11125	2.3	Custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
		11126	3.5	11126	3.8	11126	3.8	Custodial work, moderate effort (e.g., buffing floors with electric buffer, feathering or sweeping arena floors, mopping, taking out the trash, vacuuming)
		11127	3.0					
		11128	2.5					
		11129	3.0					
11130	3.5	11130	3.5	11130	3.3	11130	3.3	Electrical work (e.g., hook up wire, tapping splicing); plumbing moved to 11516
				11135	1.8	11135	1.8	Engineer (e.g., mechanical or electrical)
11140	8.0	11140	8.0					
				11145	7.8	11145	7.8	Farming, vigorous effort (e.g., baling hay, cleaning barn), includes former code 11200
				11146	4.8	11146	4.8	Farming, moderate effort (e.g., feeding animals, chasing cattle by walking and/or horseback, spreading manure, harvesting crops)
				11147	2.0	11147	2.0	Farming, light effort, (e.g., cleaning animal sheds, preparing animal feed)
11150	3.5	11150	3.5					
		11151	4.0					
		11152	2.0					
11160	2.5	11160	2.5					
11170	2.5	11170	2.5	11170	2.8	11170	2.8	Farming, driving tasks (e.g., driving tractor or harvester)
11180	4.0	11180	4.0	11180	3.5	11180	3.5	Farming, feeding small animals
11190	4.5	11190	4.5	11190	4.3	11190	4.3	Farming, feeding cattle, horses
		11191	4.5	11191	4.3	11191	4.3	Farming, hauling water for animals, fetching water from well or stream
		11191	6.0	11192	4.5	11192	4.5	Farming, taking care of animals (e.g., grooming, brushing, shearing sheep, assisting with birthing, medical care, branding), general
				11195	3.8	11195	3.8	Farming, rice, planting, grain milling activities
11200	8.0	11200	8.0					
11210	3.0	11210	3.0	11210	3.5	11210	3.5	Farming, milking by hand, cleaning pails, moderate effort
11220	1.5	11220	1.5	11220	1.3	11220	1.3	Farming, milking by machine, light effort
						11222	3.0	Farming, milking Cows, full milking process, modern milking parlor with milking machines
11230	5.5	11230	5.5					
11240	12.0	11240	12.0	11240	8.0	11240	8.0	Fire fighter, general
				11244	6.8	11244	6.8	Fire fighter, rescue victim, automobile accident, using pike pole
11245	11.0	11245	11.0	11245	8.0	11245	8.0	Fire fighter, raising and climbing ladder with full gear, simulated fire suppression

11246	8.0	11246	8.0	11246	9.0	11246	9.0	Fire fighter, hauling hoses on ground, carrying/hoisting equipment, breaking down walls etc., wearing full gear
				11247	3.5	11247	3.5	Fishing, commercial, light effort
				11248	5.0	11248	5.0	Fishing, commercial, moderate effort
				11249	7.0			
11250	17.0	11250	17.0	11250	17.5	11250	17.5	Forestry, ax chopping, very fast, 1.25 kg axe, 51 blows/min, extremely vigorous effort
11260	5.0	11260	5.0	11260	5.0	11260	5.0	Forestry, ax chopping, slow, 1.25 kg axe, 19 blows/min, moderate effort
				11262	8.0	11262	8.0	Forestry, ax chopping, fast, 1.25 kg axe, 35 blows/min, vigorous effort
				11264	4.5	11264	5.0	Forestry, moderate effort (e.g., sawing wood with power saw, weeding, hoeing)
				11266	8.0	11266	8.5	Forestry, vigorous effort (e.g., barking, felling, or trimming trees, carrying or stacking logs, planting seeds, sawing lumber by hand)
11270	7.0	11270	7.0					
11280	11.0	11280	11.0					
11290	8.0	11290	8.0					
11300	8.0	11300	8.0					
11310	5.0	11310	5.0					
11320	6.0	11320	6.0					
11330	7.0	11330	7.0					
11340	4.5	11340	4.5					
11350	9.0	11350	9.0					
11360	4.0	11360	4.0					
11370	4.5	11370	4.5	11370	4.5	11370	4.8	Furriery
				11375	4.0	11375	3.8	Garbage collector, walking, dumping bins into truck, street cleaning
				11378	1.8	11378	1.8	Hairstylist (e.g., plaiting hair, manicure, make up artist)
11380	6.0	11380	6.0	11380	7.3	11380	7.3	Horse grooming, including feeding, cleaning stalls, bathing, brushing, clipping, longeing and exercising horses.
				11381	4.3	11381	4.3	Horse, feeding, watering, cleaning stalls, implied walking and lifting loads
						11383	4.5	Horseback riding, working, cutting cows
11390	8.0	11390	8.0	11390	7.3	11390	7.8	Horse racing, galloping, cantor
11400	6.5	11400	6.5	11400	5.8	11400	6.3	Horse racing, Jockey, trotting
11410	2.6	11410	2.6	11410	3.8	11410	2.3	Horse racing, Jockey, walking
				11413	3.0	11413	3.0	Kitchen maid
				11415	4.0	11415	4.0	Lawn keeper, yardwork, general
						11416	3.0	Lawn keeper, weeding, gas powered
				11418	3.3	11418	3.3	Laundry worker
11420	3.5	11420	3.5	11420	3.0	11420	3.0	Locksmith
11430	2.5	11430	2.5	11430	3.0	11430	3.0	Machine tooling (e.g., machining, working sheet metal, machine fitter, operating lathe, welding) light-to-moderate effort
11440	3.0	11440	3.0					
11450	5.0	11450	5.0	11450	5.0	11450	5.0	Machine tooling, operating punch press, moderate effort
11460	4.0	11460	4.0					
11470	3.0	11470	3.0					
				11472	1.8	11472	1.8	Manager, property
				11475	2.8	11475	2.8	Manual or unskilled labor, general, light effort
				11476	4.5	11476	4.5	Manual or unskilled labor, general, moderate effort
				11477	6.5	11477	6.5	Manual or unskilled labor, general, vigorous effort

11480	7.0	11480	7.0	11480	4.3	11480	4.3	Masonry, concrete, moderate effort
				11482	2.5	11482	2.5	Masonry, concrete, light effort
11485	4.0	11485	4.0	11485	4.0	11485	5.5	Massage therapist, standing
						11486	2.3	Mail carrier, walking to deliver mail
						11487	1.5	Mail delivery, motorbike
						11488	3.5	Mail delivery, Electronically Assisted Bicycle
11490	7.0	11490	7.5	11490	7.5	11490	7.5	Moving, carrying or pushing heavy objects, 75 lbs or more, only active time (e.g., desks, moving van work)
						11493	8.5	Mining, general services, drilling, mining support jobs (mechanical, welding, pipe installation, general construction)
		11495	12.0	11495	12.0	11495	12.0	Skindiving or SCUBA diving as a frogman, Navy Seal
11500	2.5	11500	2.5	11500	2.5	11500	2.5	Operating heavy duty equipment, automated, not driving
11510	4.5	11510	4.5	11510	4.5	11510	3.5	Orange grove work, picking fruit
				11514	3.3	11514	3.3	Painting, house, furniture, moderate effort
				11516	3.0	11516	3.0	Plumbing activities
11520	2.3	11520	2.3	11520	2.0	11520	2.0	Printing, paper industry worker, standing
						11524	3.8	Police Officer, Walking
11525	2.5	11525	2.5	11525	2.5	11525	2.5	Police, directing traffic, standing
11526	2.0	11526	2.0	11526	2.5	11526	2.0	Police, driving a squad car, sitting
11527	1.3	11527	1.3	11527	1.3	11527	1.3	Police, riding in a squad car, sitting
11528	8.0	11528	4.0	11528	4.0	11528	4.0	Police, making an arrest, standing
				11529	2.3	11529	9.0	Counter terrorism maneuvers, clearing building
11530	2.5	11530	2.5	11530	2.0	11530	2.0	Shoe repair, general
11540	8.5	11540	8.5	11540	7.8	11540	7.3	Shoveling, digging ditches
11550	9.0	11550	9.0	11550	8.8	11550	8.8	Shoveling, more than 16 lbs/minute, deep digging, vigorous effort
11560	6.0	11560	6.0	11560	5.0	11560	5.0	Shoveling, less than 10 lbs/minute, moderate effort
11570	7.0	11570	7.0	11570	6.5	11570	6.5	Shoveling, 10 to 15 lbs/minute, vigorous effort
11580	1.5	11580	1.5	11580	1.5	11580	1.5	Sitting tasks, light effort (e.g., office work, chemistry lab work, light assembly repair, watch repair, reading, desk work)
						11582	1.3	Sitting, computer work
						11583	1.3	Standing workstation, typing, computer work
11585	1.5	11585	1.5	11585	1.5	11585	1.3	Sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting)
11590	2.5	11590	2.5	11590	2.5	11590	2.5	Sitting tasks, moderate effort (e.g. pushing heavy levers, riding mower/forklift, crane operation)
				11593	2.8	11593	2.8	Sitting, teaching stretching or yoga, or light effort exercise classes
11600	2.5	11600	2.3	11600	3.0	11600	1.8	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)
11610	3.0	11610	3.0	11610	3.0	11610	3.3	Standing, light/moderate effort (e.g., assemble/repair heavy parts, welding, stocking parts, auto repair, packing boxes, nursing patient care, laundry)
		11615	4.0	11615	4.5	11615	4.5	Standing, moderate effort, lifting items continuously, 10 – 20 lbs, with limited walking or resting
11620	3.5	11620	3.5	11620	3.5	11620	3.8	Standing, moderate effort, intermittent lifting 50 lbs, hitch or twisting ropes
11630	4.0	11630	4.0	11630	4.5	11630	4.5	Standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging)

11640	5.0	11640	5.0				
11650	5.5	11650	5.5		11650	2.3	Patient care, healthcare activities
11660	8.0	11660	8.0		11660	3.5	Patient care, room cleaning/preparation
11670	8.0	11670	8.0				
11680	11.0	11680	11.0				
11690	7.5	11690	7.5				
11700	5.5	11700	5.5				
				11708	5.3	11708	5.3 Steel mill, moderate effort (e.g., fettling, forging, tipping molds)
11710	8.0	11710	8.0	11710	8.3	11710	8.3 Steel mill, vigorous effort (e.g., hand rolling, merchant mill rolling, removing slag, tending furnace)
11720	2.5	11720	2.5	11720	2.3	11720	2.3 Tailoring, cutting fabric
11730	2.5	11730	2.5	11730	2.5	11730	2.5 Tailoring, general
11740	2.0	11740	2.0	11740	1.8	11740	1.8 Tailoring, hand sewing
11750	2.5	11750	2.5	11750	2.5	11750	2.5 Tailoring, machine sewing
11760	4.0	11760	4.0	11760	3.5	11760	3.5 Tailoring, pressing
				11763	2.0	11763	2.0 Tailoring, weaving, light effort (e.g., finishing operations, washing, dyeing, inspecting cloth, counting yards, paperwork)
		11765	3.5	11765	4.0	11765	4.0 Tailoring, weaving, moderate effort (e.g., spinning and weaving operations, delivering boxes of yarn to spinners, loading of warp beam, pinwinding, conewinding, warping, cloth clutting)
11766	6.5	11766	6.5	11766	6.5	11766	6.5 Truck driving, loading and unloading truck, tying down load, standing, walking and carrying heavy loads
				11767	2.0	11767	2.0 Truck driving, delivery truck, taxi, shuttlebus, school bus
11770	1.5	11770	1.5	11770	1.3	11770	1.3 Typing, electric, manual or computer
11780	6.0	11780	6.0	11780	6.3	11780	6.3 Using heavy power tools such as pneumatic tools (e.g., jackhammers, drills, etc.)
11790	8.0	11790	8.0	11790	8.0	11790	7.8 Using heavy tools (not power) such as shovel, pick, tunnel bar, spade
11791	2.0	11791	2.0	11791	2.0	11791	2.0 Walking on job, less than 2.0 mph, very slow speed, in office or lab area
11792	3.5	11792	3.3	11792	3.5	11792	3.8 Walking on job, 2.8 to 3.4 mph, in office, moderate speed, not carrying anything
11793	4.0	11793	3.8	11793	4.3	11793	4.8 Walking on job, 3.5 to 3.9 mph, in office, brisk speed, not carrying anything
11795	3.0	11795	3.0	11795	3.5	11795	3.5 Walking on job, 2.5 mph, slow speed, carrying light objects less than 25 lbs
		11796	3.0	11796	3.0	11796	3.0 Walking, gathering things at work, ready to leave
				11797	3.8	11797	3.8 Walking, 2.5 mph, slow speed, carrying heavy objects more than 25 lbs
11800	4.0	11800	4.0	11800	4.5	11800	4.5 Walking, 3.0 mph, moderately and carrying light objects less than 25 lbs
		11805	4.0	11805	3.5	11805	3.8 Walking, pushing a wheelchair
11810	4.5	11810	4.5	11810	4.8	11810	4.5 Walking, 3.5 mph, briskly and carrying objects less than 25 lbs
11820	5.0	11820	5.0	11820	5.0	11820	4.0 Walking or walk downstairs or standing, carrying objects about 25 to 49 lbs
11830	6.5	11830	6.5	11830	6.5	11830	5.5 Walking or walk downstairs or standing, carrying objects about 50 to 74 lbs
11840	7.5	11840	7.5	11840	7.5	11840	7.0 Walking or walk downstairs or standing, carrying objects about 75 to 99 lbs
11850	8.5	11850	8.5	11850	8.5	11850	7.3 Walking or walk downstairs or standing, carrying objects about 100 lbs or more
						11860	2.3 Warehouse/Shipping Center, Loading/Unloading boxes
						11862	4.3 Warehouse/Shipping Center, Moving boxes (~5kg)
11870	3.0	11870	3.0	11870	3.0	11870	3.0 Working in scene shop, theater actor, backstage employee
		11875	4.0				
		11875	6.5				
						11880	3.5 Soldiers, military marching, unloaded 1.5-2.5 mph
						11882	4.0 Soldiers, military marching, 1.5-2.5 mph, 10 to 30 kg load

			11884	5.0	Airborn Shuffle, 2.5 to 3.5 mph, 20-30 kg load
			11886	6.3	Soldiers, military loaded marching, varying terrain, 25-40 kg load
			11887	6.0	Soldiers, walking, 2.8 mph, 5% grade, up to 21.5 kg load
			11888	8.5	Soldiers, walking, 2.8 mph, 10% grade, up to 21.5 kg load
			18889	11.0	Soldiers, walking, 2.8 mph, 15% grade, up to 21.5 kg load
			18892	6.0	Military activities, arterial field preparation, digging defensive positions
Running					
12010	6.0	12010	6.0	12010	6.0 Jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
12020	7.0	12020	7.0	12020	7.5 Jogging, general, self-selected pace
		12025	8.0	12025	4.8 Jogging, in place
				12026	3.3 Jogging 2.6 to 3.7 mph
		12027	4.5	12027	4.5 Jogging on a mini-tramp
				12028	6.5 Running, 4 to 4.2 mph (13 min/mile)
		12029	6.0	12029	7.8 Running 4.3 to 4.8 mph
12030	8.0	12030	8.3	12030	8.5 Running, 5.0 to 5.2 mph (12 min/mile)
12040	9.0	12040	9.0	12045	9.0 Running, 5.5 -5.8 mph
12050	10.0	12050	10.0	12050	9.3 Running, 6-6.3 mph (10 min/mile)
12060	11.0	12060	11.0	12060	10.5 Running, 6.7 mph (9 min/mile)
12070	11.5	12070	11.5	12070	11.0 Running, 7 mph (8.5 min/mile)
12080	12.5	12080	12.5	12080	11.8 Running, 7.5 mph (8 min/mile)
12090	13.5	12090	13.5	12090	12.0 Running, 8 mph (7.5 min/mile)
12100	14.0	12100	14.0	12100	12.5 Running, 8.6 mph (7 min/mile)
12110	15.0	12110	15.0	12110	13.0 Running, 9 mph (6.5 min/mile)
				12115	14.8 Running, 9.3 to 9.6 mph
12120	16.0	12120	16.0	12120	14.8 Running, 10 mph (6 min/mile)
12130	18.0	12130	18.0	12130	16.8 Running, 11 mph (5.5 min/mile)
				12132	18.5 Running, 12 mph (5.0 min/mile)
				12134	19.8 Running, 13 mph (4.6 min/mile)
				12135	23.0 Running, 14 mph (4.3 min/mile)
12140	9.0	12140	9.0	12140	9.3 Running, cross country
				12145	10.5 Running, self-selected pace
12150	8.0	12150	8.0	12150	8.0 Running (Taylor Code 200)
12170	15.0	12170	15.0	12170	15.0 Running, stairs, up
12180	10.0	12180	10.0	12180	10.0 Running, on a track, team practice
				12184	18.0 Running, on track, 500-1500m, competitive
				12186	19.3 Running, on track, 2000-3000m, competitive
12190	8.0	12190	8.0	12190	8.0 Running, training, pushing a wheelchair or baby carrier
		12200	13.3	12200	13.3 Running, marathon
				12255	10.3 Running uphill, 4.5mph, 5% incline
				12260	13.3 Running uphill, 6.0 mph, 5% incline
				12265	15.5 Running uphill, 7.0 mph, 5% incline
				12325	17.5 Running uphill, 5.0 to 5.9 mph, 15% incline
				12335	8.8 Running uphill, 0.6 to 0.79 mph, 30% incline
				12337	10.3 Running uphill, 0.8 to 0.99 mph, 30% incline
				12339	11.8 Running uphill, 1.0 to 1.19 mph, 30% incline
				12341	13.5 Running uphill, 1.2 to 1.39 mph, 30-40% incline

			12343	14.8	Running uphill, 1.4 to 1.59 mph, 30% incline			
			12345	16.3	Running uphill, >1.6mph, 10-30% incline			
			12355	16.0	Running, hilly terrain, ±100m change in elevation			
			12352	5.8	Running downhill, 5.0 to 5.9 mph, -10% to -15%			
			12353	7.5	Running downhill, 6.0 to 6.9 mph, -10% to -15%			
			12355	9.0	Running downhill, 7.0 to 8.9 mph, -10% to -15%			
			12358	9.3	Running downhill, 6.0 to 7.9 mph, -3% to -9%			
			12361	13.8	Running downhill, 8.0 to 10.5 mph, -3% to -9%			
			12405	5.3	Running/jogging, curved treadmill, 3.0 to 3.9 mph			
			12408	6.5	Running/jogging, curved treadmill, 4.0 to 4.9 mph			
			12410	11.0	Running curved treadmill, 5.0 to 5.9 mph			
			12412	12.0	Running curved treadmill, 7.0 to 7.9 mph			
			12414	14.0	Running curved treadmill, 8.0 to 8.9 mph			
			12416	16.8	Running curved treadmill, 9.0 to 9.9 mph			
			12508	8.5	Running, 5.0 - 5.9 mph, 1.0 to 3.0 kg backpack			
			12510	9.5	Running, 6.0 - 6.9 mph, 1.0 to 3.0 kg backpack			
			12512	9.8	Running, 7.0 - 7.9 mph, 1.0 to 3.0 kg backpack			
			12514	12.0	Running, 8.0 - 8.9 mph, 1.0 to 3.0 kg backpack			
			12555	7.8	Running, barefoot, 3.5-5.9 mph			
			12560	12.0	Running, barefoot, 6.0-7.9 mph			
			12565	13.5	Running, barefoot, 8.0-8.9 mph			
			12585	8.0	Running, jogging stroller, indoors, 5 mph			
			12588	9.0	Running, jogging stroller, indoors, 6 mph			
			12593	10.0	Running, jogging stroller, outdoors, 5 mph			
			12595	11.5	Running, jogging stroller, outdoors, 6 mph			
			12600	11.5	Skipping, 5.5-6.0 mph			
			12620	13.0	Triathlon, Running			
Self Care								
13000	2.5	13000	2.0	13000	2.3	13000	2.3	Getting ready for bed, general, standing
13009	1.0	13009	1.0	13009	1.8	13009	2.3	Sitting on toilet, eliminating while standing or squatting
13010	2.0	13010	1.5	13010	1.5	13010	1.5	Bathing, sitting
13020	2.5	13020	2.0	13020	2.5	13020	2.8	Dressing, undressing, standing or sitting
13030	1.5	13030	1.5	13030	1.5	13030	1.5	Eating, sitting
13035	2.0	13035	2.0	13035	2.0	13035	2.0	Talking and eating or eating only, standing
13040	2.5	13036	1.0	13036	1.5	13036	1.5	Taking medication, sitting or standing
		13040	2.0	13040	2.0	13040	2.0	Grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
		13045	2.5	13045	2.5	13045	2.5	Hairstyling, standing
		13046	1.0	13046	1.3	13046	1.3	Having hair or nails done by someone else, sitting
13050	4.0	13050	2.0	13050	2.0	13050	2.0	Showering, toweling off, standing
Sexual Activity								
14010	1.5	14010	1.5	14010	2.8	14010	5.8	Active, vigorous effort
14020	1.3	14020	1.3	14020	1.8	14020	3.0	General, moderate effort
14030	1.0	14030	1.0	14030	1.3	14030	1.8	Passive, light effort, kissing, hugging
Sports								
			15000	5.5	15000	5.5	Alaska Native Games, Eskimo Olympics, general	
			15010	3.5	15010	3.5	15010	4.3

15020	7.0	15020	7.0	15020	7.0	15020	7.0	Badminton, competitive (Taylor Code 450)
						15025	9.0	Badminton, competitive, match play
15030	4.5	15030	4.5	15030	5.5	15030	5.5	Badminton, social singles and doubles, general
15040	8.0	15040	8.0	15040	8.0	15040	8.0	Basketball, game (Taylor Code 490)
15050	6.0	15050	6.0	15050	6.0	15050	6.0	Basketball, non-game, general (Taylor Code 480)
				15055	6.5	15055	7.5	Basketball, general
15060	7.0	15060	7.0	15060	7.0	15060	7.0	Basketball, officiating (Taylor Code 500)
						15062	5.8	Basketball, officiating
15070	4.5	15070	4.5	15070	4.5	15070	5.0	Basketball, shooting baskets
				15072	9.3	15072	9.3	Basketball, drills, practice
15075	6.5	15075	6.5	15075	7.8			<i>(moved to Wheelchair Compendium)</i>
15080	2.5	15080	2.5	15080	2.5	15080	2.5	Billiards
15090	3.0	15090	3.0	15090	3.0	15090	3.0	Bowling (Taylor Code 390)
				15092	3.8	15092	3.8	Bowling, indoor, bowling alley
15100	12.0	15100	12.0	15100	12.8	15100	12.3	Boxing, in ring, general
15110	6.0	15110	6.0	15110	5.5	15110	5.8	Boxing, punching bag
						15113	7.0	boxing, punching bag, 60 b/min
						15115	8.5	boxing, punching bag, 120 b/min
						15118	10.8	boxing, punching bag, 180 b/min
15120	9.0	15120	9.0	15120	7.8	15120	7.8	Boxing, sparring
						15125	9.3	Boxing, simulated boxing round, exercise
15130	7.0	15130	7.0	15130	7.0	15130	7.0	Broomball
15135	5.0	15135	5.0	15135	5.8	15135	5.8	Children's games, adults playing (e.g., hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetherball, marbles, jacks, arcade games), moderate effort
				15138	6.0	15138	6.0	Cheerleading, gymnastic moves, competitive
15140	4.0	15140	4.0	15140	4.0	15140	4.0	Coaching, football, soccer, basketball, baseball, swimming, etc.
				15142	8.0	15142	8.0	Coaching, actively playing sport with players
15150	5.0	15150	5.0	15150	4.8	15150	4.8	Cricket, batting, bowling, fielding
15160	2.5	15160	2.5	15160	3.3	15160	3.3	Croquet
15170	4.0	15170	4.0	15170	4.0	15170	4.0	Curling
15180	2.5	15180	2.5	15180	2.5	15180	2.5	Darts, wall or lawn
15190	6.0	15190	6.0	15190	6.0	15190	6.0	Drag racing, pushing or driving a car
				15192	8.5	15192	8.5	Auto racing, open wheel
						15195	7.8	Futsal
15200	6.0	15200	6.0	15200	6.0	15200	6.0	Fencing, general
						15203	9.8	Fencing, epee, competitive
						15205	10.5	Floorball
15210	9.0	15210	9.0	15210	8.0	15210	8.0	Football, competitive
15230	8.0	15230	8.0	15230	8.0	15230	8.0	Football, touch, flag, general (Taylor Code 510)
				15232	4.0	15232	4.0	Football, touch, flag, light effort
15235	2.5	15235	2.5	15235	2.5	15235	2.5	Football or baseball, playing catch
15240	3.0	15240	3.0	15240	3.0	15240	3.0	Frisbee playing, general
15250	3.5	15250	8.0	15250	8.0	15250	8.0	Frisbee, ultimate
						15252	3.8	Frisbee golf
15255	4.5	15255	4.5	15255	4.8	15255	4.5	Golf, general
15260	5.5							

		15265	4.5	15265	4.3	15265	4.3	Golf, walking, carrying clubs
15270	3.0	15270	3.0	15270	3.0	15270	3.5	Golf, miniature, driving range
15280	5.0							
		15285	4.3	15285	5.3	15285	4.5	Golf, walking, pulling clubs
15290	3.5	15290	3.5	15290	3.5	15290	3.5	Golf, using power cart (Taylor Code 070)
15300	4.0	15300	4.0	15300	3.8	15300	3.8	Gymnastics, general
15310	4.0	15310	4.0	15310	4.0	15310	4.0	Hacky sack
15320	12.0	15320	12.0	15320	12.0	15320	12.0	Handball, general (Taylor Code 520)
15330	8.0	15330	8.0	15330	8.0	15330	8.0	Handball, team
				15335	4.0	15335	4.0	High ropes course, multiple elements
15340	3.5	15340	3.5	15340	3.5	15340	3.5	Hang gliding
15350	8.0	15350	8.0	15350	7.8	15350	7.8	Hockey, field
15360	8.0	15360	8.0	15360	8.0	15360	8.0	Hockey, ice, general
				15362	10.0	15362	10.0	Hockey, ice, competitive
15370	4.0	15370	4.0	15370	5.5	15370	5.5	Horseback riding, general
				15375	4.3			
15380	3.5	15380	3.5	15380	4.5	15380	4.5	Horse grooming, maintenance, saddling tasks
15390	6.5	15390	6.5	15390	5.8	15390	5.8	Horseback riding, trotting
				15395	7.3	15395	7.3	Horseback riding, canter or gallop
15400	2.5	15400	2.5	15400	3.8	15400	3.8	Horseback riding, walking
				15402	9.0	15402	9.0	Horseback riding, jumping
						15403	6.0	Horseback riding, reining
						15406	2.1	Horseback riding, simulator
				15408	1.8	15408	1.8	Horse cart, driving, standing or sitting
15410	3.0	15410	3.0	15410	3.0	15410	3.0	Horseshoe pitching, quoits
15420	12.0	15420	12.0	15420	12.0	15420	12.0	Jai alai
				15425	5.3	15425	5.3	Martial Arts, different types, slower pace, novice performers, practice
15430	10.0	15430	10.0	15430	10.3	15430	10.3	Martial Arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
						15432	14.3	taekwando, combat simulation
						15433	11.3	Judo
15440	4.0	15440	4.0	15440	4.0	15440	4.0	Juggling
						15444	6.5	Kendu, kihon-keiko style, moderate intensity
						15445	9.6	Kendu, kirikaeshi style, high intensity
						15446	11.3	Kendu, kakari keiko style, very high intensity
15450	7.0	15450	7.0	15450	7.0	15450	7.3	Kickboxing
						15455	5.5	Kung Fu Gymnastics
						15450	7.0	Kickball
15460	8.0	15460	8.0	15460	8.0	15460	8.0	Lacrosse
				15465	3.3	15465	3.3	Lawn bowling, bocce ball, outdoor
15470	4.0	15470	4.0	15470	4.0	15470	4.0	Motocross, off-road motor sports, all-terrain vehicle, general
						15475	5.3	Motorcycle racing, Supormoto racing
						15477	7.0	Netball
15480	9.0	15480	9.0	15480	9.0	15480	9.0	Orienteering
15490	10.0	15490	10.0	15490	10.0	15490	10.0	Paddleball, competitive
15500	6.0	15500	6.0	15500	6.0	15500	6.0	Paddleball, casual, general (Taylor Code 460)

					15503	1.8	paragliding, moderate altitude
					15506	6.5	Prusik climbing
15510	8.0	15510	8.0	15510	8.0	8.0	Polo, on horseback
15520	10.0	15520	10.0	15520	10.0	10.0	Racquetball, competitive
					15525	10.3	Race Walking, 3.1 m/s (6.9 mph)
					15527	13.8	Race Walking, 3.7 m/s (8.3 mph)
					15528	15.5	Race Walking, racing speed, 4.0 m/s (8.95 mph)
15530	7.0	15530	7.0	15530	7.0	7.0	Racquetball, general (Taylor Code 470)
				15533	8.0	8.0	Rock or mountain climbing (Taylor Code 060), (formerly code 17120)
					15534	8.8	Rock climbing, free boulder
15535	11.0	15535	11.0	15535	7.5	7.3	Rock climbing, ascending rock, high difficulty
					15536	10.5	Rock climbing, speed climbing, very difficult
				15537	5.8	5.8	Rock climbing, ascending or traversing rock, low-to-moderate difficulty
					15538	10.5	Rock climbing, treadwall, 4-6 m/min
					15539	10.5	Rock climbing, treadwall, 7-10 m/min
15540	8.0	15540	8.0	15540	5.0	5.0	Rock climbing, rappelling,
				15542	4.0	4.0	Rodeo sports, general, light effort
				15544	5.5	5.5	Rodeo sports, general, moderate effort
				15546	7.0	7.0	Rodeo sports, general, vigorous effort
15550	12.0	15550	12.0	15550	12.3	12.3	Rope jumping, fast pace, 120-160 skips/min
15551	10.0	15551	10.0	15551	11.8	11.8	Rope jumping, moderate pace, general, 100 to 120 skips/min, 2 foot skip, plain bounce
15552	8.0	15552	8.0	15552	8.8	8.3	Rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
					15554	10.0	Rope jumping, double under or more
15560	10.0	15560	10.0	15560	8.3	8.3	Rugby, union, team, competitive
				15562	6.3	6.3	Rugby, touch, non-competitive
15570	3.0	15570	3.0	15570	3.0	3.0	Shuffleboard
15580	5.0	15580	5.0	15580	5.0	5.0	Skateboarding, general, moderate effort
				15582	6.0	6.0	Skateboarding, competitive, vigorous effort
15590	7.0	15590	7.0	15590	7.0	7.0	Skating, roller (Taylor Code 360)
		15591	12.0	15591	7.5	7.5	Roller blading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
				15592	9.8	9.8	Roller blading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
				15593	12.3	12.3	Roller blading, in-line skating, 21.0 to 21.7 km/h (13.0 to 13.6 mph), fast pace, exercise training
				15594	14.0	15.5	Rollerblading, in-line skating, 24.0 km/h (15.0 mph), maximal effort
					15595	6.8	skateboard, longboard, 13.3 km/h, slow speed
					15596	8.3	skateboard, longboard, 16.2 km/h, typical speed
					15597	10.5	skateboard, longboard, 13.3 km/h, fast speed
15600	3.5	15600	3.5	15600	3.5	3.5	Skydiving, basejumping, bunge jumping
15605	10.0	15605	10.0	15605	10.0	9.5	Soccer, competitive
15610	7.0	15610	7.0	15610	7.0	7.0	Soccer, casual, general (Taylor Code 540)
15620	5.0	15620	5.0	15620	5.0	3.5	walking football/soccer
					15620	5.0	Softball or baseball, fast or slow pitch, general, moderate effort (Taylor Code 440)
				15625	4.0	4.0	Softball, practice
15630	4.0	15630	4.0	15630	4.0	4.0	Softball, officiating
15640	6.0	15640	6.0	15640	6.0	6.0	Softball, pitching
				15645	3.3	3.3	Sports spectator, very excited, emotional, physically moving

15650	12.0	15650	12.0	15650	12.0	15650	12.0	Squash (Taylor Code 530)
				15652	7.3	15652	7.3	Squash, general
15660	4.0	15660	4.0	15660	4.0	15660	4.0	Table tennis, ping pong (Taylor Code 410)
15670	4.0	15670	4.0	15670	3.0	15670	3.3	Tai chi, qi gong, general
				15672	1.5	15672	1.5	Tai chi, qi gong, sitting, light effort
						15674	6.0	tai chi chuan, Yang style
15675	7.0	15675	7.0	15675	7.3	15675	6.8	Tennis, general, moderate effort
						15676	8.0	Tennis, general, competitive
15680	6.0	15680	6.0	15680	6.0	15680	6.0	Tennis, doubles (Taylor Code 430)
		15685	5.0	15685	4.5	15685	4.5	Tennis, doubles
15690	8.0	15690	8.0	15690	8.0	15690	8.0	Tennis, singles (Taylor Code 420)
				15695	5.0	15695	5.0	Tennis, hitting balls, non-game play, moderate effort
15700	3.5	15700	3.5	15700	3.5	15700	6.3	Trampoline, recreational
				15702	4.5	15702	10.3	Trampoline, competitive
15710	4.0	15710	4.0	15710	4.0	15710	4.0	Volleyball (Taylor Code 400)
		15711	8.0	15711	6.0	15711	6.0	Volleyball, competitive, in gymnasium
15720	3.0	15720	3.0	15720	3.0	15720	3.0	Volleyball, non-competitive, 6 - 9 member team, general
15725	8.0	15725	8.0	15725	8.0	15725	8.0	Volleyball, beach, in sand
15730	6.0	15730	6.0	15730	6.0	15730	6.0	Wrestling, competitive (one match = 5 minutes)
15731	7.0	15731	7.0	15731	7.0	15731	7.0	Wallyball, general
		15732	4.0	15732	4.0	15732	4.0	Track and field (e.g., shot, discus, hammer throw)
		15733	6.0	15733	6.0	15733	6.0	Track and field (e.g., high jump, long jump, triple jump, javelin, pole vault)
		15734	10.0	15734	10.0	15734	10.0	Track and field (e.g., steeplechase, hurdles)

Transportation

				16002	9.3	Bicycling for transportation, light effort
				16004	9.3	Bicycling for transportation, high effort
				16005	6.8	E-bike (electrically assisted) for transportation
16010	2.0	16010	2.0	16010	2.0	Automobile or light truck (not a semi) driving
		16015	1.0	16015	1.3	Riding in a car or truck
		16016	1.0	16016	1.3	Riding in a bus or train
16020	2.0	16020	2.0	16020	1.8	Flying airplane or helicopter
16030	2.5	16030	2.5	16030	3.5	Motor scooter, motorcycle
				16035	6.3	Pulling rickshaw
16040	6.0	16040	6.0	16040	6.0	Pushing plane in and out of hangar
16050	3.0	16050	3.0	16050	2.5	Truck, semi, tractor, ≥1 ton, or bus, driving
				16060	3.5	Walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface

Walking

17010	7.0	17010	7.0	17010	7.0	Backpacking (Taylor Code 050)
				17011	3.5	Walking with a day pack, level ground, assumed in the city
				17012	7.8	Backpacking, hiking with a daypack, organized walking with daypack
				17016	4.0	Carrying 5 to 14 lb (2.3 to 6.4 kg) load (e.g. suitcase, boxes, groceries), level ground, moderate pace
				17018	4.5	Carrying 15 - 155 lb (6.8 - 70.4 kg) load (e.g. suitcase, boxes, furniture), level ground or downstairs, slow pace
				17019	6.5	Carrying 50 to 150 pound load (e.g., equine or bovine feed, fence pipes, furniture), level ground, moderate pace

17020	3.5	17020	3.5	17020	5.0	(Moved to 17016, 17108)		
				17021	2.3	17021	2.3	Carrying ~10 lb child, slow walking
17025	9.0	17025	9.0	17025	8.3	17025	8.3	Carrying load upstairs, general
17026	5.0	17026	5.0	17026	5.0	17026	5.5	Carrying load, 1 to 15 lb load, upstairs
17027	6.0	17027	6.0	17027	6.0	17027	6.0	Carrying load, 16 to 24 lb load, upstairs
17028	8.0	17027	8.0	17028	8.0	17028	8.0	Carrying load, 25 to 49 lb load, upstairs
17029	10.0	17029	10.0	17029	10.0	17029	10.0	Carrying load, 50 to 74 lb load, upstairs
17030	12.0	17030	12.0	17030	12.0	17030	12.0	Carrying load, >74 lb load, upstairs
		17031	3.0	17031	3.5	17031	3.8	Loading and/or unloading a car, implied walking
						17032	5.0	Climbing hills, no load, 5 to 20% grade, very slow pace
				17033	6.3	17033	3.8	Climbing hills, 15-50 lb load, 1 to 2% grade, slow pace
						17034	5.3	Climbing hills, no load, 1 to 5% grade, moderate-to-brisk pace
17035	7.0	17035	7.0	17035	6.5	17035	7.0	Climbing hills, no load, 6 to 10% grade, moderate-to-brisk pace
						17036	8.8	Climbing hills, no load, 11 to 20% grade, slow-to-moderate pace
						17037	10.0	Climbing hills, no load, 4.0 to 5.0 mph, 3 to 5% grade, very fast pace
						17038	8.5	Climbing hills, no load, steep grade (30%), slow pace (less than 1.2 mph)
						17039	15.5	Climbing hills, no load, very steep grade (30-40%), 1.2 to 1.8 mph
17040	7.5	17040	7.5	17040	7.3	17040	16.3	Climbing hills, no load, steep grade (10-40%), 1.8 to 5.0 mph
						17045	6.5	Climbing hills, 10 to 20 lb load, 5 to 10% grade, moderate
17050	8.0	17050	8.0	17050	8.3	17050	7.5	Climbing hills, 21 to 40 lb load, 3 to 10% grade, moderate-to-brisk pace
17060	9.0	17060	9.0	17060	9.0	17060	10.0	Climbing hills, 20+ pound load, 5 to 20% grade, moderate to brisk pace
17070	3.0	17070	3.0	17070	3.5	17070	3.5	Descending stairs
						17076	4.5	Hauling water, head hauling, walking on flat surface
17080	6.0	17080	6.0	17080	6.0	17080	6.0	Hiking, cross country (Taylor Code 040)
						17081	3.8	Hiking slowly or ambling through fields and hillsides, no load
				17082	5.3	17082	5.3	Hiking or walking at a normal pace through fields and hillsides, no load
		17085	2.5	17085	2.5	17085	2.5	Bird watching, walking and stopping
				17088	4.5	17088	4.5	Marching, moderate speed, military, no pack
17090	6.5	17090	6.5	17090	8.0	17090	8.0	Marching rapidly, military, no pack
17100	2.5	17100	2.5	17100	4.0	17100	3.8	Pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
		17105	4.0	17105	3.8	17105	3.8	Pushing a wheelchair, non-occupational
17110	6.5	17110	6.5	17110	6.5	17110	6.5	Race walking
17120	8.0	17120	8.0					
17130	8.0	17130	8.0	17130	8.0	17130	8.0	Stair climbing, using or climbing up ladder (Taylor Code 030)
						17131	6.8	Stair climbing, general
				17133	4.0	17133	4.5	Stair climbing, slow pace
				17134	8.8	17134	9.3	Stair climbing, fast pace, one step at a time
						17136	7.5	Stair climbing, two steps at a time
						17138	7.5	Stair climbing, ascending and descending stairs
17140	4.0	17140	5.0	17140	5.0	17140	4.5	Using crutches, level ground, general
17150	2.0	17150	2.0	17150	2.0	17142	7.0	Using crutches, fast pace
						17145	4.3	Using medical knee scooter
						17150	2.3	Walking, household
		17151	2.0	17151	2.0	17151	2.3	Walking, less than 2.0 mph, level, strolling, very slow
		17152	2.5	17152	2.8	17152	2.8	Walking, 2.0 to 2.4 mph, level, slow pace, firm surface
17160	2.5	17160	3.5	17160	3.5	17160	3.5	Walking for pleasure (Taylor Code 010)

17170	3.0	17161	2.5	17161	2.5	17161	2.5	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	17162	2.5	17162	2.5	Walking to neighbor's house or family's house for social reasons
		17165	3.0	17165	3.0	17165	3.0	Walking the dog
		17170	3.0	17170	3.0	17170	3.0	Walking, 2.5 mph, firm, level surface
		17180	2.8	17180	3.3	17180	3.3	Walking, 2.5 mph, downhill
		17190	3.3	17190	3.5	17190	3.8	Walking, 2.8 to 3.4 mph, level, moderate pace, firm surface
		17200	3.8	17200	4.3	17200	4.8	Walking, 3.5 to 3.9 mph, level, brisk, firm surface, walking for exercise
		17210	6.0	17210	6.0	17210	5.3	
				17211	8.0			
		17220	4.0	17220	5.0	17220	5.5	Walking, 4.0 to 4.4 mph (6.4 to 7.0 km/h), level, firm surface, very brisk pace
17230	4.5	17230	6.3	17230	7.0	17230	7.0	Walking, 4.5 to 4.9 mph, level, firm surface, very, very brisk
		17231	8.0	17231	8.3	17231	8.5	Walking, 5.0 to 5.5 mph (8.8 to 8.9 km/h), level, firm surface
17250	3.5			17235	9.8			
		17250	3.5	17250	3.5	17250	3.5	Walking, for pleasure, work break (Taylor Code xxx)
						17255	4.0	Walking, self-selected speed, indoor track or outdoors, firm surface
17260	5.0	17260	5.0	17260	4.8	17260	4.8	Walking, grass track
				17262	4.5	17262	4.5	Walking, normal pace, plowed field or sand
17270	4.0	17270	4.0	17270	4.0	17270	4.0	Walking, to work or class (Taylor Code 015)
		17280	2.5	17280	2.5	17280	2.5	Walking, to and from an outhouse
				17302	4.8	17302	4.3	Walking, for exercise, 2.5 to 3.5 mph (4.0 to 5.6 km/h), with ski poles, Nordic walking, level, moderate pace
						17304	5.3	Walking, for exercise, 3.6 to 4.4 mph (5.8 to 7.1 km/h), with ski poles, Nordic walking, level, moderate pace
				17305	9.5	17305	8.5	Walking, for exercise, 4.5 to 5.0 mph, with ski poles, Nordic walking, level, fast pace
				17310	6.8	17310	8.8	Walking, for exercise, with ski poles, Nordic walking, uphill, moderate pace
						17313	10.8	Walking, for exercise, with ski poles, Nordic walking, level ground, carrying 20 to 30 lb load (9.0 to 15.0 kg)
						17315	12.3	Walking, for exercise, with ski poles, Nordic walking, uphill, carrying 20 to 30 lb load (9.0 to 15.0 kg)
				17320	6.0	17320	6.0	Walking, backward, 3.5 mph, level
				17325	8.0	17325	7.8	Walking, backward, 3.5 mph, uphill, 5% grade
						17350	8.0	Walking, Teabag walk, Monty Python Ministry of Silly Walks
						17352	3.5	Walking, Putney walk, Monty Python Ministry of Silly Walks
						17360	2.1	Walking, treadmill, less than 1.0 mph, 0% grade
						17364	2.3	Walking, treadmill, 1.0 mph, 0% grade
						17368	2.8	Walking, treadmill, 1.2 to 1.9 mph, 0% grade (1.9 to 3.0 km/h)
						17342	3.0	Walking, treadmill, 2.0 to 2.4 mph (3.2 to 3.9 km/h), 0% grade
						17346	3.5	Walking, treadmill, 2.5 to 2.9 mph (4.0 to 4.7 km/h), 0% grade
						17350	3.8	Walking, treadmill, 3.0 to 3.4 mph (4.8 to 5.5 km/h), 0% grade
						17354	4.8	Walking, treadmill, 3.5 to 3.9 mph (5.6 to 6.3 km/h), 0% grade
						17358	5.8	Walking, treadmill, 4.0 to 4.4 mph (6.4 to 7.1 km/h), 0% grade
						17362	6.8	Walking, treadmill, 4.5 to 4.9 mph (7.2 to 7.9 km/h), 0% grade
						17366	8.3	Walking, treadmill, 5.0 to 5.5 mph (8.0 to 8.9 km/h), 0% grade
						17382	3.3	Walking, treadmill, downhill (-3% to -12% grade), 2.8 to 3.1 mph
						17412	3.3	Walking, treadmill, downhill (-5% to -25% grade), 2.8 mph, with Nordic Poles

				17434	4.8	Walking, treadmill, 2.5 mph, 0% grade, 5 to 20 degrees C, 40 lb (18.2 kg) load
				17438	5.8	Walking, treadmill, 2.5 mph, 0% grade, -10 to 0 degrees C, 40 lb (18.2 kg) load
				17455	8.3	Walking, Curved treadmill, 3.0 to 5.0 mph, brisk pace
				17475	7.8	Walking treadmill, backwards, 2.5 mph, +10% grade
				17492	1.5	Walking, with a walker or step-to gait on treadmill, 0.7 mph (1.1 km/h), 0% grade
Water Activities						
18010	2.5	18010	2.5	18010	2.5	Boating, power, driving
				18012	1.3	Boating, power, passenger, light
18020	4.0	18020	4.0	18020	4.0	Canoeing, on camping trip (Taylor Code 270)
		18025	3.3	18025	3.3	Canoeing, harvesting wild rice, knocking rice off the stalks
18030	7.0	18030	7.0	18030	7.0	Canoeing, portaging
18040	3.0	18040	3.0	18040	2.8	Canoeing, rowing, 2.0-3.9 mph, light effort
18050	7.0	18050	7.0	18050	5.8	Canoeing, rowing, 4.0-5.9 mph, moderate effort
18060	12.0	18060	12.0	18060	12.5	Canoeing, rowing, kayaking, competition, > 6 mph, vigorous effort
18070	3.5	18070	3.5	18070	3.5	Canoeing, rowing, for pleasure, general (Taylor Code 250)
18080	12.0	18080	12.0	18080	12.0	Canoeing or rowing, in competition, crew or sculling (Taylor Code 260)
18090	3.0	18090	3.0	18090	3.0	Diving, springboard or platform
18100	5.0	18100	5.0	18100	5.0	Kayaking, moderate effort
				18104	13.5	kayaking, competition
				18106	9.0	kayaking, slalom, flat water
18110	4.0	18110	4.0	18110	4.0	Paddle boat
				18112	15.5	Rowing, simulated crew in a water tank, single oar, 33 strokes/min,
				18114	15.5	Rowing, single scull, ergometer, ergometer on slides, racing speed (32+ strokes/min, >10 mph)
18120	3.0	18120	3.0	18120	3.0	Sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
18130	5.0	18130	5.0	18130	4.5	Sailing, in competition, general
				18132	9.3	Sailing, in competition, high effort
18140	3.0	18140	3.0	18140	3.3	Sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting, leisure
				18142	2.0	Sailing, dingy
18150	6.0	18150	6.0	18150	6.0	Skiing, water or wake boarding (Taylor Code 220)
18160	7.0	18160	7.0	18160	7.0	Jet skiing, driving, in water
18170	12.0					
18180	16.0	18180	16.0	18180	15.8	Skindiving, fast
18190	12.5	18190	12.5	18190	11.8	Skindiving, moderate
18200	7.0	18200	7.0	18200	7.0	Skindiving, scuba diving, general (Taylor Code 310)
				18202	5.3	Scuba diving, general, light effort
				18204	5.8	Scuba diving, general, moderate effort
				18206	5.5	Scuba diving, professional diver
				18202	6.8	Scuba diving, recreational diver
18210	5.0	18210	5.0	18210	5.0	Snorkeling (Taylor Code 320)
18220	3.0	18220	3.0	18220	3.0	Surfing, body or board, general
				18221	6.8	Surfboard, paddling
				18222	5.0	Surfing, body or board, competitive
				18224	6.5	Stand up paddle boarding, general
				18225	2.8	Stand up Paddleboard, standing, 10-19 strokes/min
				18226	3.8	Stand up Paddleboard, standing, 20-29 strokes/min

						18227	5.0	Stand up Paddleboard, standing, 30-39 strokes/min
						18228	9.8	Stand up Paddleboard, standing, 40-49 strokes/min
						18229	11.0	Stand up Paddleboard, standing, 50-69 strokes/min
18230	10.0	18230	10.0	18230	9.8	18230	9.8	Swimming laps, freestyle, fast, vigorous effort
18240	8.0	18240	7.0	18240	5.8	18240	5.8	Swimming laps, freestyle, slow, recreational
18250	8.0	18250	7.0	18250	9.5	18250	9.5	Swimming, backstroke, training or competition
				18255	4.8	18255	4.8	Swimming, backstroke, recreational
18260	10.0	18260	10.0	18260	10.3	18260	10.3	Swimming, breaststroke, general, training or competition
				18265	5.3	18265	5.3	Swimming breaststroke, recreational
18270	11.0	18270	11.0	18270	13.8	18270	13.8	Swimming, butterfly, general
18280	11.0	18280	11.0	18280	10.0	18280	10.5	Swimming, crawl, fast speed, ~75 yards/minute, vigorous effort
						18285	10.5	Swimming, open water, 5k
18290	8.0	18290	8.0	18290	8.3	18290	8.00	Swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
						18292	5.8	Swimming, crawl, slow speed, 30-45 yards/minute, moderate effort
						18294	14.5	Swimming, crawl, elite swimmers, competition, >90 yards/minute
18300	6.0	18300	6.0	18300	6.0	18300	6.0	Swimming, lake, ocean, river (Taylor Codes 280, 295)
18310	6.0	18310	6.0	18310	6.0	18310	6.0	Swimming, leisurely, not lap swimming, general
18320	8.0	18320	8.0	18320	7.0	18320	7.0	Swimming, sidestroke, general
18330	8.0	18330	8.0	18330	8.0	18330	8.0	Swimming, synchronized
18340	10.0	18340	10.0	18340	9.8	18340	9.8	Swimming, treading water, fast, vigorous effort
18350	4.0	18350	4.0	18350	3.5	18350	3.5	Swimming, treading water, moderate effort, general
				18352	2.3	18352	2.3	Tubing, floating on a river, general
		18355	4.0	18355	5.5	18355	5.5	Water aerobics, water calisthenics, general
						18356	3.8	water aerobics, resistance exercises
						18358	7.5	water aerobics, high intensity
18360	10.0	18360	10.0	18360	10.0	18360	10.0	Water polo
18365	3.0	18365	3.0	18365	3.0	18365	3.0	Water volleyball
		18366	8.0	18366	9.8	18366	9.8	Water jogging, vigorous effort
				18367	2.5	18367	2.5	Water walking, light effort, slow pace
				18368	4.5	18368	4.8	Water walking, moderate effort, moderate pace
				18369	6.8	18369	6.8	Water walking, vigorous effort, brisk pace
18370	5.0	18370	5.0	18370	5.0	18370	5.0	Whitewater rafting, kayaking, or canoeing
						18374	6.5	water running, 30 steps/min, slow
						18375	7.5	water running, 40 steps/min, moderate
						18376	8.5	water running, 50 steps/min, fast
						18377	9.8	water running, 60 steps/min, very fast
				18380	5.0	18380	5.0	Windsurfing, not pumping for speed
				18385	11.0	18385	11.0	Windsurfing or kitesurfing, crossing trial
				18390	13.5	18390	14.0	Windsurfing, competition, pumping for speed
						18404	2.8	Aquatic cycling, 25 W, 40-50 RPM
						18408	4.8	Aquatic cycling, 25 W, 60-70 RPM
						18412	3.8	Aquatic cycling, 50 W, 40-50 RPM
						18416	6.0	Aquatic cycling, 50 W, 60-70 RPM
						18420	5.0	Aquatic cycling, 75 W, 40-50 RPM
						18424	6.3	Aquatic cycling, 75 W, 60-70 RPM
						18428	6.3	Aquatic cycling, 100 W, 40-50 RPM

					18432	7.5	Aquatic cycling, 100 W, 60-70 RPM	
					18436	8.5	Aquatic cycling, 80-89 RPM	
					18440	10.3	Aquatic cycling, 90+ RPM	
Winter Activities								
19010	6.0	19010	6.0	19005	7.5	19005	7.5	Dog sledding, mushing
				19006	2.5	19006	2.5	Dog sledding, passenger
				19010	6.0	19010	6.0	Moving ice house, set up/drill holes
				19011	2.0	19011	2.0	Ice fishing
19020	5.5	19020	5.5	19018	14.0	19018	14.0	Skating, ice dancing
				19020	5.5	19020	5.5	Skating, ice, 9 mph or less
				19030	7.0	19030	7.0	Skating, ice, general (Taylor Code 360)
				19040	9.0	19040	9.0	Skating, ice, rapidly, more than 9 mph but not competitive
19030	7.0	19040	9.0			19045	9.0	Skating Treadmill, 6 - 6.9 mph, 2% grade
						19046	10.0	Skating Treadmill, 7 - 7.9 mph, 2% grade
						19047	10.5	Skating Treadmill, 8 - 8.9 mph, 2% grade
						19048	11.0	Skating Treadmill, 9 - 9.9 mph, 2% grade
19050	15.0	19050	15.0	19050	13.3	19050	13.8	Skating, speed, competitive
19060	7.0	19060	7.0	19060	7.0	19060	7.0	Ski jumping, climb up carrying skis
19075	7.0	19075	7.0	19075	7.0	19075	7.0	Skiing, general
19080	7.0	19080	7.0	19080	6.8	19080	6.8	Skiing, cross country, 2.5 mph, slow or light effort, ski walking
19090	8.0	19090	8.0	19090	9.0	19090	8.5	Skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
19100	9.0	19100	9.0	19100	12.5	19100	11.3	Skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
19110	14.0	19110	14.0	19110	15.0	19110	14.0	Skiing, cross country, elite skier, >8.0-11.9 mph, racing
19130	16.5	19130	16.5			19112	16.0	skiing, cross country, 12-16 mph, elite skier, racing
						19115	9.5	Skiing, Cross-country skiing high-intensity training
				19130	15.5	19130	15.5	Skiing, cross country, hard snow, uphill, maximum, snow mountaineering
				19135	13.3	19135	13.3	Skiing, cross-country, skating
19150	5.0	19150	5.0	19140	13.5	19140	13.5	Skiing, cross-country, biathlon, skating technique
						19142	12.8	Biathlon training, 5 degree incline, 8 km/h (5 mph), with/without rifle
						19144	12.8	Biathlon training, 5 degree incline, 10.7 km/h (5 mph), with/without rifle
						19146	9.3	Skiing, slalom
19160	6.0	19160	6.0	19150	4.3	19150	4.3	Skiing, downhill, alpine or snowboarding, light effort, active time only
19170	8.0	19170	8.0	19160	5.3	19160	6.3	Skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
19180	7.0	19170	8.0	19170	8.0	19170	8.0	Skiing, downhill, alpine or snowboarding, vigorous effort, active time only
				19175	12.5	19174	7.3	Skiing, Alpine skiing high-intensity training
				19180	7.0	19180	7.0	Sledding, tobogganing, bobsledding, luge (Taylor Code 370)
				19190	8.0	19190	5.3	Snow shoeing, moderate effort
19200	3.5	19190	8.0	19192	10.0	19192	5.3	Snow shoeing, moderate effort
				19192	10.0	19192	10.0	Snow shoeing, vigorous effort
				19200	3.5	19200	3.8	Snowmobiling, driving, moderate pace, flat land
						19201	7.5	snowboarding, recreational, moderate pace, mountain
19200	3.5	19200	3.5	19202	2.0	19202	2.0	Snowmobiling, passenger, light
				19252	5.3	19252	5.3	Snow shoveling, by hand, moderate effort
				19254	7.5	19254	7.5	Snow shoveling, by hand, vigorous effort
				19260	2.5	19260	2.5	Snow blower, walking and pushing
19300	12.5	19300	12.5	19300	12.5	19300	12.5	Skiing, roller, elite racers
								19305

				19310	6.8	Rollerskiing, 13 - 16.9 km/h, no incline	
				19315	8.3	Rollerskiing, 17 - 19.9 km/h, no incline	
				19320	10.5	Rollerskiing, 20 - 23.9 km/h, no incline	
				19325	15.0	Rollerskiing, 24 - 27.9 km/h, no incline	
				19330	12.5	Rollerskiing, 10-15 km/h, 2-5 degree incline	
				19335	14.3	Rollerskiing, 16-22 km/h, 2-5 degree incline	
				19340	12.3	Rollerskiing, 6-9 km/h, 6-10 degree incline	
				19345	16.0	Rollerskiing, >10 km/h, 6-10 degree incline	
				19400	9.0	Mountaineering, downhill climbing, walking down with rope	
				19405	10.3	Mountaineering, downhill climbing/cross-country skiing	
Religious Activities							
	20000	1.0	20000	1.3	20000	1.0	Sitting in church, in service, attending a ceremony, sitting quietly
	20001	2.5	20001	2.0	20001	2.0	Sitting, playing an instrument at church
	20005	1.5	20005	1.8	20005	1.8	Sitting in church, talking or singing, attending a ceremony, sitting, active participation
	20010	1.3	20010	1.3	20010	1.5	Sitting, reading religious materials at home
	20015	1.2	20015	1.3	20015	1.3	Standing quietly in church, attending a ceremony
	20020	2.0	20020	2.0	20020	2.0	Standing, singing in church, attending a ceremony, standing, active participation
	20025	1.0	20025	1.3	20025	1.3	Kneeling in church or at home, praying
	20030	1.8	20030	1.8	20030	1.3	Standing, talking in church
	20035	2.0	20035	2.0	20035	2.0	Walking in church
	20036	2.0	20036	2.0	20036	2.0	Walking, less than 2.0 mph, very slow
	20037	3.3	20037	3.5	20037	3.8	Walking, 2.8 to 3.4 mph, moderate speed, not carrying anything
	20038	3.8	20038	4.3	20038	4.8	Walking, 3.5 to 3.9 mph, brisk speed, not carrying anything
	20039	2.0	20039	2.0	20039	2.0	Walk/stand combination for religious purposes, usher
	20040	5.0	20040	5.0	20040	5.0	Praise with dance or run, spiritual dancing in church
	20045	2.5	20045	2.5	20045	2.3	Serving food at church
	20046	2.0	20046	2.0	20046	2.0	Preparing food at church
	20047	2.3	20047	3.3	20047	3.3	Washing dishes, cleaning kitchen at church
	20050	1.5	20050	1.5	20050	1.5	Eating at church
	20055	2.0	20055	2.0	20055	2.0	Eating/talking at church or standing eating, American Indian Feast days
	20060	3.0	20060	3.3	20060	3.3	Cleaning church
20061	5.0	20061	4.0	20061	4.0	General yard work at church	
20065	2.5	20065	3.5	20065	3.8	Standing , moderate effort (e.g., lifting heavy objects, assembling at fast rate)	
20095	4.0	20095	4.5	20095	4.5	Standing, moderate-to-heavy effort, manual labor, lifting≥ 50 lbs, heavy maintenance	
20100	1.5	20100	1.3	20100	1.3	Typing, electric, manual, or computer	
Volunteer Activities							
	21000	1.5	21000	1.5	21000	1.3	sitting, meeting, general, and/or with talking involved
	21005	1.5	21005	1.5	21005	1.5	sitting, light office work, in general
	21010	2.5	21010	2.5	21010	2.5	sitting, moderate work
	21015	2.3	21015	2.3	21015	1.8	standing, light work (filing, talking, assembling)
	21016	2.5	21016	2.0	21016	2.0	sitting, child care, only active periods
	21017	3.0	21017	3.0	21017	3.5	standing, child care, only active periods
	21018	4.0	21018	3.5	21018	3.5	walk/run play with children, moderate, only active periods
	21019	5.0	21019	5.8	21019	5.8	walk/run play with children, vigorous, only active periods
	21020	3.0	21020	3.0	21020	3.3	standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture)
	21025	3.5	21025	3.5	21025	3.5	standing, moderate (e.g., lifting 50 lbs., assembling at fast rate)

	21030	4.0	21030	4.5	21030	4.5	standing, moderate/heavy work
	21035	1.5	21035	1.3	21035	1.3	typing, electric, manual, or computer
	21040	2.0	21040	2.0	21040	2.3	walking, less than 2.0 mph, very slow
	21045	3.3	21045	3.5	21045	3.8	walking, 2.8 to 3.4 mph, moderate speed, not carrying anything
	21050	3.8	21050	4.3	21050	4.8	walking, 3.5 to 3.9 mph, brisk speed, not carrying anything
	21055	3.0	21055	3.5	21055	3.5	walking, 2.5 mph slowly and carrying objects less than 25 pounds
	21060	4.0	21060	4.5	21060	4.5	walking, 3.0 mph moderately and carrying objects less than 25 pounds, pushing something
	21065	4.5	21065	4.5	21065	4.5	walking, 3.5 mph, briskly and carrying objects less than 25 pounds
	21070	3.0	21070	3.0	21070	3.0	walk/stand combination, for volunteer purposes
Video Games							
				22040	1.3	seated, video game, handheld controller (inactive)	
				22120	1.5	video game, handheld controller (light effort)	
				22160	2.3	video game, light effort (Wii Fit, yoga, bowling, etc)	
				22200	3.0	active video game, motion sensing game/using upper body (light to moderate effort)	
				22240	4.0	active video game, motion sensing game/using total body (moderate effort)	
				22280	5.0	active video game, motion sensing game/using total body (moderate-to-vigorous effort)	
				22320	7.5	active video game, motion sensing game/using total body, exergames, workouts, dancing (vigorous effort)	
				22360	9.8	conditioning/exercise virtual reality fitness, vigorous intensity	