

2024 Adult Compendium of Physical Activities

Major Heading	Activity Code	MET Value	Activity Description
Bicycling	01003	14.0	Bicycling, mountain, uphill, vigorous
Bicycling	01004	16.0	Bicycling, mountain, competitive racing
Bicycling	01008	8.5	Bicycling, BMX
Bicycling	01009	8.5	Bicycling, mountain, general
Bicycling	01010	4.0	Bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)
Bicycling	01011	6.8	Bicycling, to/from work, self selected pace
Bicycling	01013	5.8	Bicycling, on dirt or farm road, moderate pace
Bicycling	01014	7.0	Bicycling, general
Bicycling	01015	4.3	Bicycling, self-selected easy pace
Bicycling	01016	7.0	Bicycling, self-selected moderate pace
Bicycling	01017	9.0	Bicycling, self-selected vigorous pace
Bicycling	01018	3.5	Bicycling, leisure 5.5 mph
Bicycling	01019	5.8	Bicycling, leisure, 9.4 mph
Bicycling	01020	6.8	Bicycling, 10-11.9 mph, leisure, slow, light effort
Bicycling	01030	8.0	Bicycling, 12-13.9 mph, leisure, moderate effort
Bicycling	01040	10.0	Bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort
Bicycling	01050	12.0	Bicycling, 16-19 mph, racing/not drafting or >19 mph drafting, very fast, racing general
Bicycling	01060	16.8	Bicycling, >20 mph, racing, not drafting
Bicycling	01065	8.5	Bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm
Bicycling	01066	9.0	Bicycling, 12 mph, standing, hands on brake hoods, 60 rpm
Bicycling	01070	5.0	Unicycling
Bicycling	01080	6.8	E-bike (electrically assisted) without electronic support
Bicycling	01084	6.0	E-bike (electrically assisted) with light electronic support
Bicycling	01088	4.0	E-bike (electrically assisted) with high electronic support
Bicycling	01200	6.8	Bicycling, stationary, general
Bicycling	01210	3.5	Bicycling, stationary, 25-30 watts, very light to light effort
Bicycling	01214	4.0	Bicycling, stationary, 50 watts, light effort
Bicycling	01216	5.0	Bicycling, stationary, 60 watts, light to moderate effort
Bicycling	01218	5.8	Bicycling, stationary, 70-80 watts
Bicycling	01220	6.0	Bicycling, stationary, 90-100 watts, moderate to vigorous
Bicycling	01224	6.8	Bicycling, stationary, 101-125 watts
Bicycling	01228	8.0	Bicycling, stationary, 126-150 watts
Bicycling	01232	10.3	Bicycling, stationary, 151-199 watts
Bicycling	01236	10.8	Bicycling, stationary, 200-229 watts, vigorous
Bicycling	01240	12.5	Bicycling, stationary, 230-250 watts, very vigorous
Bicycling	01244	13.8	Bicycling, stationary, 270-305 watts, very vigorous
Bicycling	01248	16.3	Bicycling, stationary, >325 watts, very vigorous
Bicycling	01252	5.5	Bicycling, concentric only, 100 W
Bicycling	01254	11.0	Bicycling, concentric only, 200 W
Bicycling	01262	2.3	Bicycling, eccentric only, 100 to 149 W
Bicycling	01264	4.0	Bicycling, eccentric only, 200 W
Bicycling	01270	9.0	Bicycling, stationary, RPM/Spin bike class
Bicycling	01290	8.8	Bicycling, interactive virtual cycling, indoor cycle ergometer,

Bicycling	01305	8.8	Bicycling, high intensity interval training
Conditioning Exercise	02000	7.3	Aerobic, general
Conditioning Exercise	02001	5.5	Aerobic, step, with 4-inch step
Conditioning Exercise	02002	7.3	Aerobic, step, with 6 – 8 inch step
Conditioning Exercise	02003	9.0	Aerobic, step, with 10 – 12 inch step
Conditioning Exercise	02004	7.8	Bench step class, general
Conditioning Exercise	02005	4.8	Aerobic dance, low impact, moderate effort
Conditioning Exercise	02006	8.0	Aerobic dance, high impact, vigorous effort
Conditioning Exercise	02007	10.0	Aerobic dance wearing 10-15 lb weights
Conditioning Exercise	02008	5.0	Army type obstacle course exercise, boot camp training program
Conditioning Exercise	02020	7.5	Calisthenics (e.g., pushups, sit ups, pull-ups, jumping jacks, burpees, battling ropes), vigorous effort
Conditioning Exercise	02022	3.8	Calisthenics (e.g., pushups, sit ups, pull-ups, lunges), moderate effort
Conditioning Exercise	02024	2.8	Calisthenics (e.g., curl ups, abdominal crunches, plank), light effort
Conditioning Exercise	02030	3.5	Calisthenics, light or moderate effort, general (e.g., back exercises), going up & down from floor (Taylor Code 150)
Conditioning Exercise	02032	6.0	Circuit training, body weight exercises
Conditioning Exercise	02034	3.5	Circuit training, light effort
Conditioning Exercise	02035	5.0	Circuit training, moderate effort
Conditioning Exercise	02040	7.5	Circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
Conditioning Exercise	02045	3.5	Curves™ exercise routines in women
Conditioning Exercise	02048	5.0	Elliptical trainer, moderate effort
Conditioning Exercise	02049	9.0	Elliptical trainer, vigorous effort
Conditioning Exercise	02050	6.0	Resistance (weight lifting - free weight, nautilus or universal-type), power lifting or body building, vigorous effort (Taylor Code 210)
Conditioning Exercise	02052	5.0	Resistance (weight) training, squats, deadlift, slow or explosive effort
Conditioning Exercise	02054	3.5	Resistance (weight) training, multiple exercises, 8-15 reps at varied resistance
Conditioning Exercise	02055	5.8	Resistance Training , circuit, reciprocal supersets, peripheral hear action training
Conditioning Exercise	02056	3.0	Body weight restistance exercises (e.g., squat, lunge, push-up, crunch), general
Conditioning Exercise	02057	6.5	Body weight restistance exercises (e.g., squat, lunge, push-up, crunch), high intensity
Conditioning Exercise	02058	9.8	Kettle bell swings
Conditioning Exercise	02060	5.5	Health club exercise, general (Taylor Code 160)
Conditioning Exercise	02061	5.0	Health club exercise classes general, gym/weight training combined in one visit
Conditioning Exercise	02062	7.8	Health club exercise, conditioning classes
Conditioning Exercise	02064	3.8	Home exercise, general
Conditioning Exercise	02065	9.3	Stair treadmill ergometer, general
Conditioning Exercise	02068	11.0	Rope skipping exercise, general
Conditioning Exercise	02069	9.0	Jumping rope, Digi-Jump Maching, 120 jumps/minute
Conditioning Exercise	02070	7.3	Rowing, stationary ergometer, general, vigorous effort
Conditioning Exercise	02071	5.0	Rowing, stationary ergometer, general, <100 watts, moderate effort
Conditioning Exercise	02072	7.5	Rowing, stationary, 100 to 149 watts, vigorous effort
Conditioning Exercise	02073	11.0	Rowing, stationary, 150 to 199 watts, vigorous effort
Conditioning Exercise	02074	14.0	Rowing, stationary, ≥ 200 watts, very vigorous effort
Conditioning Exercise	02078	11.0	Shuttle running, forward/backward/lateral
Conditioning Exercise	02080	6.8	Ski machine, general
Conditioning Exercise	02082	10.5	Ski ergometer, cross country, double poling, slow to moderate speed

Conditioning Exercise	02084	18.0	Ski ergometer, cross country, double poling, fast to maximum speed
Conditioning Exercise	02085	10.5	Slide board exercise, general
Conditioning Exercise	02090	6.0	Slimnastics, jazzercise
Conditioning Exercise	02101	2.3	Stretching, mild
Conditioning Exercise	02103	1.8	Pilates, traditional, mat
Conditioning Exercise	02105	2.8	Pilates, general
Conditioning Exercise	02107	8.5	Pound, combination of Pilates and body movements with drumming
Conditioning Exercise	02108	4.5	Pole dancing, exercise class
Conditioning Exercise	02110	6.8	Teaching exercise classes (e.g., aerobic, water)
Conditioning Exercise	02112	2.8	Therapeutic exercise ball, Fitball exercise
Conditioning Exercise	02114	9.5	Therapeutic exercise ball, Fitball exercise, high intensity
Conditioning Exercise	02115	2.8	Upper body exercise, arm ergometer, general, light
Conditioning Exercise	02116	2.0	Arm Ergometer, hand bike, 15W
Conditioning Exercise	02117	2.8	Arm Ergometer, hand bike, 25-30W
Conditioning Exercise	02118	3.5	Arm Ergometer, hand bike, 45W
Conditioning Exercise	02119	4.3	Upper body exercise, stationary bicycle - Airdyne (arms only) 40 rpm, moderate intensity
Conditioning Exercise	02120	5.3	Water aerobics, water calisthenics, water exercise
Conditioning Exercise	02135	1.3	Whirlpool, sitting
Conditioning Exercise	02140	2.5	Video, exercise workouts, TV conditioning programs (e.g., yoga, stretching, seated), light effort
Conditioning Exercise	02143	4.0	Video, exercise workouts, TV conditioning programs (e.g., cardio-resistance training), moderate
Conditioning Exercise	02145	6.0	Video, exercise workouts, TV conditioning programs (e.g., cardio-resistance training), vigorous
Conditioning Exercise	02150	2.3	Yoga, Hatha
Conditioning Exercise	02153	8.0	Yoga, Hatha, high intensity
Conditioning Exercise	02155	3.0	Yoga, Hot
Conditioning Exercise	02160	4.0	Yoga, Power
Conditioning Exercise	02170	2.0	Yoga, Nadisodhana
Conditioning Exercise	02175	2.3	Yoga, General
Conditioning Exercise	02180	3.5	Yoga, Surya Namaskar
Conditioning Exercise	02185	2.7	Yoga, Vinyasa
Conditioning Exercise	02200	5.3	Native New Zealander PA, (e.g., Haka Powhiri, Poi, Moteatea, etc.), general moderate effort
Conditioning Exercise	02205	6.8	Native New Zealander PA, general, vigorous effort
Conditioning Exercise	02210	7.0	High intensity interval exercise, moderate effort
Conditioning Exercise	02214	11.0	High intensity interval exercise, burpees, mountain climbers, squat jumps, Tabata, vigorous effort
Conditioning Exercise	02225	2.3	Balance Exercise Assist Robot (BEAR), simulated skiing, tennis, rodeo
Conditioning Exercise	02230	5.8	Hooping (formerly known as hula® hooping)
Conditioning Exercise	02240	9.0	Impulse Training System, Inertial Exercise Trainer
Conditioning Exercise	02280	8.3	Virtual Reality Fitness, Supernatural™ "Flow", "Boxing" vigorous intensity
Conditioning Exercise	02284	9.3	ExerCube, workout series
Conditioning Exercise	02288	13.0	Blackbox Immersive virtual reality exergaming system, vigorous intensity
Conditioning Exercise	02300	3.0	Wand exercise, Life-Build-Line
Conditioning Exercise	02310	6.5	Zumba, group class
Conditioning Exercise	02315	5.5	Zumba, home video
Conditioning Exercise	02340	2.8	Sit to stand exercise, 6-12 times/min
Conditioning Exercise	02344	4.0	Sit to stand exercise, 18-24 times/min
Dancing	03050	6.0	Afro-Cuban salsa (Cuban cha-cha-cha, mambo, Afro rumba, contratiempo son steps, orisha/santo movements)

Dancing	03010	5.0	Ballet, modern, or jazz general, rehearsal or class
Dancing	03011	6.3	Ballet exercises (plie, tendus, jetes, rond de Jambes, fondus, grand battement, grand adage, sautes, temp Leve's)
Dancing	03012	6.8	Ballet, modern, or jazz, performance, vigorous effort
Dancing	03014	4.8	Tap
Dancing	03025	4.5	Ethnic or cultural dancing (e.g. Greek, Middle Eastern, hula, salsa, merengue, bamba y plena, flamenco, belly, and swing)
Dancing	03028	5.5	Chinese square dance, Ballet & Tibetan dance
Dancing	03029	7.3	Chinese square dance, aerobic dance
Dancing	03030	5.5	Ballroom dancing, fast (Taylor Code 125)
Dancing	03031	9.8	Nightclub or folk dancing, vigorous effort (e.g., nightclub, disco, folk, line dancing, Irish step dancing, polka, contra)
Dancing	03033	5.0	Folk dancing, moderate effort
Dancing	03038	11.3	Ballroom dancing, competitive, general
Dancing	03039	13.0	ballroom dance, DanceSport competition (modern waltz, tango, Viennese waltz, slow fox, quick step, samba, chacha, rumba, paso doble, jive)
Dancing	03040	3.0	Ballroom, slow, examples: waltz, foxtrot, slow dancing, samba tango, rumba, 19th century dance, mambo, cha cha
Dancing	03042	6.0	Ballroom Dance, Recreational (Waltz, Foxtrot, Cha-cha, Swing)
Dancing	03050	5.5	Anishinaabe Jingle dancing, brisk pace, other traditional American Indian dancing performed by women, moderate effort
Dancing	03060	3.5	Caribbean dance (Abakua, Beguine, Bellair, Bongo, Brukin's, Caribbean Quadrills, Dinki Mini, Gere, Gumbay, Ibo, Jonkonnu, Kumina, Oreisha, Jambu)
Dancing	03070	3.8	Contemporary dancing, general
Dancing	03072	4.3	Contemporary dancing, nightclub
Dancing	03075	8.5	Flamenco dance
Dancing	03078	4.5	Jazz dancing, general
Dancing	03080	10.3	Musical Theater, Singing/dancing
Dancing	03085	5.8	Polynesian dance, Hawaiian hula slow, Maori haka, Tongan
Dancing	03086	7.0	Polynesian dance, Hawaiian hula fast, Samoan sasa, Fijian style fast, Filipino Tinikling
Dancing	03087	8.8	Polynesian dance, Samoan slap, Tahitian
Dancing	03090	4.8	Salsa Dancing, with partner
Dancing	03091	6.3	Salsa dancing, to a video
Dancing	03093	5.5	Square Dancing, American Western, country
Fishing & Hunting	04001	3.5	Fishing, general
Fishing & Hunting	04005	4.5	Fishing, crab fishing
Fishing & Hunting	04007	4.0	Fishing, catching fish with hands
Fishing & Hunting	04010	4.3	Fishing related, digging worms, with shovel
Fishing & Hunting	04020	4.0	Fishing from river bank and walking
Fishing & Hunting	04030	2.0	Fishing from boat or canoe, sitting
Fishing & Hunting	04040	3.5	Fishing from river bank, standing (Taylor Code 660)
Fishing & Hunting	04050	6.0	Fishing in stream, in waders (Taylor Code 670)
Fishing & Hunting	04060	2.0	Fishing, ice, sitting
Fishing & Hunting	04061	1.8	Fishing, jig or line, standing, general
Fishing & Hunting	04062	3.5	Fishing, dip net, setting net and retrieving fish, general

Fishing & Hunting	04063	3.8	Fishing, set net, setting net and retrieving fish, general
Fishing & Hunting	04064	3.0	Fishing, fishing wheel, setting net and retrieving fish, general
Fishing & Hunting	04065	2.3	Fishing with a spear, standing
Fishing & Hunting	04070	2.5	Hunting, bow and arrow or crossbow
Fishing & Hunting	04080	6.0	Hunting, deer, elk, large game (Taylor Code 170)
Fishing & Hunting	04081	9.8	Hunting large game, dragging carcass
Fishing & Hunting	04083	4.0	Hunting large marine animals
Fishing & Hunting	04085	2.5	Hunting, large game from a hunting stand, limited walking
Fishing & Hunting	04086	2.0	Hunting large game from a car, plane, or boat
Fishing & Hunting	04090	2.5	Hunting, duck, wading
Fishing & Hunting	04095	3.0	Hunting flying fox, squirrel
Fishing & Hunting	04100	5.0	Hunting, general
Fishing & Hunting	04110	6.0	Hunting, pheasants or grouse (Taylor Code 680)
Fishing & Hunting	04115	3.3	Hunting birds
Fishing & Hunting	04120	5.0	Hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)
Fishing & Hunting	04123	3.3	Hunting pigs, wild
Fishing & Hunting	04124	2.0	Trapping game, general
Fishing & Hunting	04125	9.5	Hunting - hiking with hunting gear
Fishing & Hunting	04130	2.5	Pistol shooting or trap shooting, standing
Fishing & Hunting	04140	2.3	Rifle exercises, shooting, lying down
Fishing & Hunting	04145	2.5	Rifle exercises, shooting, kneeling or standing
Fishing & Hunting	04150	2.8	Foraging, 0-9.9kg backpack
Fishing & Hunting	04152	3.0	Foraging, 10-15kg backpack
Fishing & Hunting	04160	1.0	Sitting in boat, passenger
Fishing & Hunting	04164	1.5	Standing in boat
Fishing & Hunting	04168	3.3	Activities in a boat, lifting, lowering
Home Activities	05010	3.3	Cleaning, sweeping carpet or floors, general
Home Activities	05011	2.3	Cleaning, sweeping, slow, light effort
Home Activities	05012	3.8	Cleaning, sweeping, fast, moderate effort
Home Activities	05020	3.5	cleaning heavy or major (e.g., wash car, clean garage), moderate effort
Home Activities	05021	3.5	Cleaning, mopping, standing, moderate effort
Home Activities	05022	3.3	Cleaning windows, washing windows, general
Home Activities	05023	2.5	Mopping, standing, light effort
Home Activities	05024	4.5	Polishing floors, standing, walking slowly, using electric polishing machine
Home Activities	05025	2.8	Multiple household tasks all at once, light effort
Home Activities	05026	3.3	Multiple household tasks all at once, moderate effort
Home Activities	05027	4.3	Multiple household tasks all at once, vigorous effort
Home Activities	05030	3.3	Cleaning, house or cabin, general, moderate effort
Home Activities	05032	2.5	Dusting or polishing furniture, general
Home Activities	05035	3.3	Kitchen activity, general, (e.g., cooking, washing dishes, cleaning up) moderate effort
Home Activities	05040	2.5	Cleaning, general (straightening up, changing linen, carrying out trash), light effort
Home Activities	05041	2.0	Wash dishes, standing or in general (not broken into stand/walk components)
Home Activities	05042	2.0	Wash dishes, clearing dishes from table, walking, light effort
Home Activities	05043	3.0	Vacuuming, general, moderate effort
Home Activities	05044	3.0	Butchering animals, small

Home Activities	05045	6.0	Butchering animals, large, vigorous effort
Home Activities	05046	2.3	Cutting and smoking fish, drying fish or meat
Home Activities	05048	4.0	Tanning hides, general
Home Activities	05049	3.5	Cooking or food preparation, moderate effort
Home Activities	05050	2.0	Cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliances, light effort
Home Activities	05051	2.3	Cooking or food preparation, walking
Home Activities	05052	2.3	Serving food, setting/cleaning table, implied walking or standing
Home Activities	05053	2.5	Feeding household animals
Home Activities	05054	3.5	carrying groceries, on level ground, walking
Home Activities	05055	2.5	Putting away groceries (e.g. carrying groceries, carrying packages)
Home Activities	05056	5.3	Carrying groceries upstairs
Home Activities	05057	3.0	Cooking Indian bread or other food on an outside stove
Home Activities	05060	3.3	Food shopping with or without a grocery cart; carrying a 10 lb bag; standing or walking
Home Activities	05065	2.3	Non-food shopping, with or without cart, standing or walking
Home Activities	05070	1.8	Ironing
Home Activities	05080	1.3	Knitting, sewing, light effort, wrapping presents, sitting
Home Activities	05082	2.8	Sewing with a machine
Home Activities	05090	2.3	Laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
Home Activities	05091	2.0	Laundry, fold or hang clothes, sitting
Home Activities	05092	4.0	Laundry, moderate effort
Home Activities	05095	2.0	Laundry, putting away clothes, gathering clothes to pack, putting away laundry, implied walking
Home Activities	05100	3.0	Making bed, changing linens
Home Activities	05110	5.0	Maple syruping/sugar bushing (including carrying buckets, carrying wood)
Home Activities	05120	5.8	Moving furniture, household items, carrying boxes
Home Activities	05121	5.0	Moving, lifting light loads
Home Activities	05125	4.8	Organizing a room
Home Activities	05130	3.5	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, moderate effort
Home Activities	05131	2.0	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, light effort
Home Activities	05132	6.5	Scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort
Home Activities	05140	3.0	Sweeping garage, sidewalk, or outside house
Home Activities	05146	3.8	Standing, packing/unpacking boxes, occasional lifting lightweight household items, loading or unloading items into a car, moderate effort
Home Activities	05147	3.0	Implied walking, putting away household items, moderate effort
Home Activities	05148	2.0	Watering plants
Home Activities	05149	2.5	Building a fire inside
Home Activities	05150	9.0	Moving household items upstairs, carrying boxes or furniture
Home Activities	05160	2.0	Standing, light effort tasks (pump gas, change light bulb, etc.)
Home Activities	05165	3.5	Walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)
Home Activities	05170	2.3	Sitting, playing with child(ren), light effort, only active periods
Home Activities	05171	2.8	Standing, playing with child(ren), light effort, only active periods
Home Activities	05175	3.5	Walking/running, playing with child(ren), moderate effort, only active periods
Home Activities	05180	5.8	Walking/running, playing with child(ren), vigorous effort, only active periods
Home Activities	05181	3.0	Walking and carrying small child, child weighing 15 lbs or more

Home Activities	05182	2.5	Walking and carrying small child, child weighing less than 15 lbs
Home Activities	05183	2.0	Standing, holding child
Home Activities	08184	2.5	Child care, infant, general
Home Activities	05185	2.0	Child care: sitting or kneeling, dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general
Home Activities	05186	3.5	Child care: standing, dressing, bathing, grooming, feeding, occasional lifting of child- light effort
Home Activities	05188	1.5	Reclining with baby
Home Activities	05189	2.0	Breastfeeding, sitting or reclining
Home Activities	05190	2.5	Sit, playing with animals, light, only active period
Home Activities	05191	2.8	Stand, playing with animals, light effort, only active periods
Home Activities	05192	2.8	Walk or run, playing with animals, general, light effort, only active periods
Home Activities	05193	4.0	Walk/run, playing with animals, moderate effort, only active periods
Home Activities	05194	5.0	Walk/run, playing with animals, vigorous effort, only active periods
Home Activities	05195	3.5	Standing, bathing dog
Home Activities	05197	2.3	Animal care, household animals, general
Home Activities	05200	3.0	Elder care, disabled adult, bathing, dressing, moving into and out of bed, only active periods
Home Activities	05205	1.8	Elder care, disabled adult, feeding, combing hair, light effort, only active periods
Home Activities	05300	1.3	Handwashing
Home Repair	06010	3.0	Airplane repair
Home Repair	06020	4.0	Automobile body work
Home Repair	06030	3.3	Automobile repair, light or moderate effort
Home Repair	06040	3.0	Carpentry, general, workshop (Taylor Code 620)
Home Repair	06050	6.0	Carpentry, outside house, (Taylor Code 640)
Home Repair	06052	3.8	Carpentry, outside house, building a fence
Home Repair	06060	3.3	Carpentry, finishing, varnishing, or refinishing cabinets or furniture
Home Repair	06070	6.0	Carpentry, sawing hardwood, planing and drilling wood, moderate-to-vigorous effort
Home Repair	06072	4.0	Carpentry, home remodeling tasks, moderate effort
Home Repair	06074	2.3	Carpentry, home remodeling tasks, light effort
Home Repair	06080	5.0	Caulking, chinking log cabin
Home Repair	06090	4.5	Caulking, except log cabin
Home Repair	06100	5.0	Cleaning gutters
Home Repair	06110	5.0	Excavating garage
Home Repair	06120	5.0	Hanging storm windows
Home Repair	06122	5.0	Hanging sheet rock inside house
Home Repair	06124	3.0	Hammering nails
Home Repair	06126	2.5	Home repair, general, light effort
Home Repair	06127	4.5	Home repair, general, moderate effort
Home Repair	06128	6.0	Home repair, general, vigorous effort
Home Repair	06130	4.5	Laying or removing carpet
Home Repair	06140	3.8	Laying tile or linoleum
Home Repair	06144	3.0	Repairing appliances
Home Repair	06150	5.0	Painting, outside home (Taylor Code 650)
Home Repair	06160	3.3	Painting inside house, wallpapering, scraping paint
Home Repair	06165	4.5	Painting (Taylor Code 630)
Home Repair	06167	3.0	Plumbing, general

Home Repair	06170	3.0	Put on and removal of tarp – sailboat
Home Repair	06180	6.0	Roofing
Home Repair	06190	4.5	Sanding floors with a power sander
Home Repair	06200	4.5	Scraping and painting sailboat or powerboat
Home Repair	06205	2.0	Sharpening tools
Home Repair	06210	5.0	Spreading dirt with a shovel
Home Repair	06220	4.5	Washing and waxing hull of sailboat or airplane
Home Repair	06225	2.0	Washing and waxing car
Home Repair	06230	4.5	Washing fence, painting fence, moderate effort
Home Repair	06240	3.3	Wiring, tapping-splicing
Inactivity	07009	1.0	Lying quietly and watching television
Inactivity	07011	1.0	Lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
Inactivity	07020	1.0	Sit, watch television
Inactivity	07021	1.0	Sitting quietly, general
Inactivity	07022	1.5	Sitting quietly, fidgeting, general, fidgeting hands
Inactivity	07023	1.8	Sitting, fidget feet
Inactivity	07024	1.3	Sitting smoking
Inactivity	07025	1.5	Sitting, listening to music (not talking or reading) or watching a movie in a theater
Inactivity	07026	1.3	Sitting at a desk, resting head in hands
Inactivity	07030	1.0	Sleeping
Inactivity	07040	1.3	Standing quietly (standing in a line)
Inactivity	07041	1.5	Standing (fidgeting)
Inactivity	07045	1.3	standing watching television
Inactivity	07050	1.5	Reclining, writing
Inactivity	07060	1.3	Reclining, talking or talking on phone
Inactivity	07070	1.3	Reclining, reading
Inactivity	07075	1.0	Meditating
Lawn & Garden	08009	4.1	Carrying, loading or stacking wood, loading/unloading or carrying lumber, light-to- moderate effort
Lawn & Garden	08010	5.5	Carrying, loading or stacking wood, loading/unloading or carrying lumber, moderate effort
Lawn & Garden	08019	4.5	Chopping wood, splitting logs, moderate effort
Lawn & Garden	08020	6.5	Chopping wood, splitting logs, vigorous effort
Lawn & Garden	08025	3.5	Clearing light brush, thinning garden, moderate effort
Lawn & Garden	08030	6.3	Clearing land, haul brush, undergrowth, or ground, vigorous effort
Lawn & Garden	08040	5.0	Digging sandbox, shoveling sand
Lawn & Garden	08045	3.5	Digging, spading, filling garden, composting, light-to-moderate effort
Lawn & Garden	08050	5.0	Digging, spading, filling garden, composting (Taylor Code 590)
Lawn & Garden	08052	7.3	Digging, spading, filling garden, composting, vigorous effort
Lawn & Garden	08055	2.8	Driving tractor
Lawn & Garden	08057	8.3	Felling trees, large size
Lawn & Garden	08058	5.3	Felling trees, small-medium size
Lawn & Garden	08060	5.8	Gardening with heavy power tools, using chain saw, tilling a garden
Lawn & Garden	08066	2.0	gardening, general
Lawn & Garden	08070	4.0	Irrigation channels, opening and closing ports
Lawn & Garden	08080	6.3	Laying crushed rock or gravel
Lawn & Garden	08090	5.0	Laying sod

Lawn & Garden	08095	5.5	Mowing lawn, general, walking, moderate effort
Lawn & Garden	08100	2.5	Mowing lawn, riding mower (Taylor Code 550)
Lawn & Garden	08110	6.0	Mowing lawn, hand mower, vigorous effort (Taylor Code 570)
Lawn & Garden	08120	5.0	Mowing lawn, walk, power mower, moderate or vigorous effort
Lawn & Garden	08125	4.5	Mowing lawn, power mower, light or moderate effort (Taylor Code 590)
Lawn & Garden	08130	2.5	Operating snow blower, walking
Lawn & Garden	08135	2.6	Planting, potting, transplanting seedlings or plants, light effort
Lawn & Garden	08140	4.3	Planting seedlings, shrubs, stooping, moderate effort
Lawn & Garden	08145	4.3	Planting crops or garden, stooping, moderate effort
Lawn & Garden	08150	4.5	Planting trees
Lawn & Garden	08160	4.0	Raking lawn or leaves, moderate effort
Lawn & Garden	08165	4.0	Raking lawn (Taylor Code 600)
Lawn & Garden	08170	4.0	Raking roof with snow rake
Lawn & Garden	08180	3.0	Riding snow blower
Lawn & Garden	08190	4.0	Sacking grass, leaves
Lawn & Garden	08192	5.5	Shoveling dirt or mud
Lawn & Garden	08195	5.3	Shoveling snow, by hand, moderate effort
Lawn & Garden	08200	6.0	Shoveling snow, by hand (Taylor Code 610)
Lawn & Garden	08202	7.5	Shoveling snow, by hand, vigorous effort
Lawn & Garden	08210	3.8	Trimming shrubs or trees, manual cutter
Lawn & Garden	08215	3.3	Trimming shrubs or trees, power cutter, using leaf blower, edger, moderate effort
Lawn & Garden	08220	3.0	Walking, applying fertilizer or seeding a lawn, push applicator
Lawn & Garden	08230	4.0	Watering lawn or garden, standing or walking
Lawn & Garden	08239	3.8	Weeding, cultivating garden, light-to-moderate effort
Lawn & Garden	08240	4.5	Weeding, cultivating garden, moderate effort (Taylor Code 580)
Lawn & Garden	08241	5.0	Weeding, cultivating garden, using hoe moderate-to-vigorous effort
Lawn & Garden	08245	3.8	Gardening, general, moderate effort
Lawn & Garden	08246	3.5	Picking fruit or coffee from trees, moderate effort
Lawn & Garden	08248	4.5	Harvesting Produce, Picking fruit off trees, gleaning fruits, picking fruits/vegetables, climbing ladder to pick fruit, vigorous effort
Lawn & Garden	08250	3.0	Implied walking/standing - picking up yard, light, picking flowers or vegetables
Lawn & Garden	08251	3.0	Walking, gathering gardening tools
Lawn & Garden	08255	4.8	Wheel barrow, pushing garden cart or wheelbarrow, general
Lawn & Garden	08256	6.0	Wheel barrow, pushing large garden cart or heavy wheelbarrow up to 150kg
Lawn & Garden	08260	2.3	Yardwork, general, light effort
Lawn & Garden	08261	4.0	Yardwork, general, moderate effort
Lawn & Garden	08262	6.0	Yardwork, general, vigorous effort
Miscellaneous	09000	1.3	Board game playing, sitting
Miscellaneous	09005	2.5	Casino gambling, standing
Miscellaneous	09010	1.5	Card playing, sitting
Miscellaneous	09013	1.5	Chess game, sitting
Miscellaneous	09015	1.5	Copying or filing documents, standing
Miscellaneous	09020	1.8	Drawing, writing, painting, standing
Miscellaneous	09025	1.0	Laughter, sitting
Miscellaneous	09030	1.0	Sitting: reading, book, newspaper, magazine

Miscellaneous	09034	1.8	sitting, typing or reading on a balance chair/stability ball
Miscellaneous	09036	2.0	watching tv, stepping during commercial breaks
Miscellaneous	09040	1.3	Sitting: writing, desk work, typing
Miscellaneous	09050	1.3	Standing: talking in person, on the phone, computer, text messaging, writing
Miscellaneous	09055	1.3	Sitting: talking in person, on the phone, computer, or text messaging, light effort
Miscellaneous	09060	1.5	Sitting - studying, general, including reading and/or writing, light effort
Miscellaneous	09065	1.8	Sitting - in class, general, including note-taking or class discussion
Miscellaneous	09070	1.0	Standing - reading
Miscellaneous	09071	2.5	Standing: miscellaneous
Miscellaneous	09075	1.8	Sitting: arts and crafts, carving wood, weaving, spinning wool, light effort
Miscellaneous	09080	3.0	Sitting: arts and crafts, carving wood, weaving, spinning wool, moderate effort
Miscellaneous	09085	2.5	Standing: arts and crafts, sand painting, carving, weaving, light effort
Miscellaneous	09090	3.3	Standing - arts and crafts, sand painting, carving, weaving, moderate effort
Miscellaneous	09095	3.5	Standing - arts and crafts, sand painting, carving, weaving, vigorous effort
Miscellaneous	09100	1.5	Retreat/family reunion activities involving sitting, relaxing, talking, eating
Miscellaneous	09101	2.5	Retreat/family reunion activities involving playing games with children
Miscellaneous	09105	2.0	Touring/traveling/vacation involving riding in vehicle
Miscellaneous	09106	3.5	Touring/traveling/vacation involving walking
Miscellaneous	09110	2.5	Camping involving standing, walking, sitting, light-to-moderate effort
Miscellaneous	09115	1.5	Sitting at a sporting event, spectator
Music Playing	10010	1.8	Accordion, sitting
Music Playing	10020	2.3	Cello, sitting
Music Playing	10030	2.3	Conducting orchestra, standing
Music Playing	10035	2.5	Double bass, standing
Music Playing	10040	3.8	Drums, sitting
Music Playing	10045	3.0	Drumming (e.g., bongo, conga, benbe), moderate, sitting
Music Playing	10048	8.3	Drumming, concert/live show
Music Playing	10050	2.0	Flute, sitting
Music Playing	10060	1.8	Horn, standing
Music Playing	10070	2.3	Piano, sitting
Music Playing	10074	2.0	Playing musical instruments, general
Music Playing	10077	2.0	Organ, sitting
Music Playing	10080	3.5	Trombone, standing
Music Playing	10090	2.5	Trumpet, standing
Music Playing	10100	2.5	Violin, sitting
Music Playing	10110	1.8	Woodwind instruments, sitting
Music Playing	10115	1.8	Brass instruments, sitting
Music Playing	10120	2.0	Guitar, classical, folk, sitting
Music Playing	10125	3.0	Guitar, rock and roll band, standing
Music Playing	10130	4.0	Marching band, baton twirling, walking, moderate pace, general
Music Playing	10131	5.5	Marching band, playing an instrument, walking, brisk pace, general
Music Playing	10135	3.5	Marching band, drum major, walking
Occupation	11000	2.0	Active workstation, Pedal desk, balance chair/ball, General, light effort
Occupation	11001	3.5	Active workstation, Pedal desk (40 watts)
Occupation	11002	5.3	Active workstation, Pedal desk (80 watts)

Occupation	11003	2.0	Active workstation, treadmill desk, walking slowly 1.0 mph or less
Occupation	11004	2.8	Active workstation, treadmill desk, walking 1.0 - 2.0 mph
Occupation	11006	3.0	Airline flight attendant
Occupation	11008	4.8	Apple Harvesting
Occupation	11010	4.0	Bakery, general, moderate effort
Occupation	11015	2.0	Bakery, light effort
Occupation	11020	2.3	Bookbinding
Occupation	11030	6.0	Building road, driving heavy machinery
Occupation	11035	2.0	Building road, directing traffic, standing
Occupation	11038	2.5	Carpentry, general, light effort
Occupation	11040	4.3	Carpentry, general, moderate effort
Occupation	11042	7.0	Carpentry, general, heavy or vigorous effort
Occupation	11050	8.0	Carrying heavy loads (e.g., bricks, tools)
Occupation	11060	8.0	Carrying moderate loads up stairs, moving boxes, 25-49 lbs
Occupation	11070	4.0	Chambermaid, hotel housekeeper, making bed, cleaning bathroom, pushing cart
Occupation	11072	4.3	Cleaning, vacuuming commercial space
Occupation	11080	5.3	Coal mining, drilling coal, rock
Occupation	11090	5.0	Coal mining, erecting supports
Occupation	11100	5.5	Coal mining, general
Occupation	11110	6.3	Coal mining, shoveling coal, by hand
Occupation	11115	2.5	Cook, chef
Occupation	11120	4.0	Construction, outside, remodeling, new structures (e.g., roof repair, miscellaneous)
Occupation	11124	2.3	Construction, rebar, bar bending/fixing
Occupation	11125	2.3	Custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
Occupation	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)
Occupation	11130	3.3	Electrical work (e.g., hook up wire, tapping splicing); plumbing moved to 11516
Occupation	11135	1.8	Engineer (e.g., mechanical or electrical)
Occupation	11145	7.8	Farming, vigorous effort (e.g., baling hay, cleaning barn), includes former code 11200
Occupation	11146	4.8	Farming, moderate effort (e.g., feeding animals, chasing cattle by walking and/or horseback, spreading manure, harvesting crops)
Occupation	11147	2.0	Farming, light effort, (e.g., cleaning animal sheds, preparing animal feed)
Occupation	11170	2.8	Farming, driving tasks (e.g., driving tractor or harvester)
Occupation	11180	3.5	Farming, feeding small animals
Occupation	11190	4.3	Farming, feeding cattle, horses
Occupation	11191	4.3	Farming, hauling water for animals, fetching water from well or stream
Occupation	11192	4.5	Farming, taking care of animals (e.g., grooming, brushing, shearing sheep, assisting with birthing, medical care, branding), general
Occupation	11195	3.8	Farming, rice, planting, grain milling activities
Occupation	11210	3.5	Farming, milking by hand, cleaning pails, moderate effort
Occupation	11220	1.3	Farming, milking by machine, light effort
Occupation	11222	3.0	Farming, milking Cows, full milking process, modern milking parlor with milking machines
Occupation	11240	8.0	Fire fighter, general
Occupation	11244	6.8	Fire fighter, rescue victim, automobile accident, using pike pole
Occupation	11245	8.0	Fire fighter, raising and climbing ladder with full gear, simulated fire suppression

Occupation	11246	9.0	Fire fighter, hauling hoses on ground, carrying/hoisting equipment, breaking down walls etc., wearing full gear
Occupation	11247	3.5	Fishing, commercial, light effort
Occupation	11248	5.0	Fishing, commercial, moderate effort
Occupation	11250	17.5	Forestry, ax chopping, very fast, 1.25 kg axe, 51 blows/min, extremely vigorous effort
Occupation	11260	5.0	Forestry, ax chopping, slow, 1.25 kg axe, 19 blows/min, moderate effort
Occupation	11262	8.0	Forestry, ax chopping, fast, 1.25 kg axe, 35 blows/min, vigorous effort
Occupation	11264	5.0	Forestry, moderate effort (e.g., sawing wood with power saw, weeding, hoeing)
Occupation	11266	8.5	Forestry, vigorous effort (e.g., barking, felling, or trimming trees, carrying or stacking logs, planting seeds, sawing lumber by hand)
Occupation	11370	4.8	Furriery
Occupation	11375	3.8	Garbage collector, walking, dumping bins into truck, street cleaning
Occupation	11378	1.8	Hairstylist (e.g., plaiting hair, manicure, make up artist)
Occupation	11380	7.3	Horse grooming, including feeding, cleaning stalls, bathing, brushing, clipping, longeing and exercising horses.
Occupation	11381	4.3	Horse, feeding, watering, cleaning stalls, implied walking and lifting loads
Occupation	11383	4.5	Horseback riding, working, cutting cows
Occupation	11390	7.8	Horse racing, galloping, cantor
Occupation	11400	6.3	Horse racing, Jockey, trotting
Occupation	11410	2.3	Horse racing, Jockey, walking
Occupation	11413	3.0	Kitchen maid
Occupation	11415	4.0	Lawn keeper, yardwork, general
Occupation	11416	3.0	Lawn keeper, weeding, gas powered
Occupation	11418	3.3	Laundry worker
Occupation	11420	3.0	Locksmith
Occupation	11430	3.0	Machine tooling (e.g., machining, working sheet metal, machine fitter, operating lathe, welding) light-to-moderate effort
Occupation	11450	5.0	Machine tooling, operating punch press, moderate effort
Occupation	11472	1.8	Manager, property
Occupation	11475	2.8	Manual or unskilled labor, general, light effort
Occupation	11476	4.5	Manual or unskilled labor, general, moderate effort
Occupation	11477	6.5	Manual or unskilled labor, general, vigorous effort
Occupation	11480	4.3	Masonry, concrete, moderate effort
Occupation	11482	2.5	Masonry, concrete, light effort
Occupation	11485	5.5	Massage therapist, standing
Occupation	11486	2.3	Mail carrier, walking to deliver mail
Occupation	11487	1.5	Mail delivery, motorbike
Occupation	11488	3.5	Mail delivery, Electronically Assisted Bicycle
Occupation	11490	7.5	Moving, carrying or pushing heavy objects, 75 lbs or more, only active time (e.g., desks, moving van work)
Occupation	11493	8.5	Mining, general services, drilling, mining support jobs (mechanical, welding, pipe installation, general construction)
Occupation	11495	12.0	Skindiving or SCUBA diving as a frogman, Navy Seal
Occupation	11500	2.5	Operating heavy duty equipment, automated, not driving
Occupation	11510	3.5	Orange grove work, picking fruit
Occupation	11514	3.3	Painting, house, furniture, moderate effort
Occupation	11516	3.0	Plumbing activities
Occupation	11520	2.0	Printing, paper industry worker, standing

Occupation	11524	3.8	Police Officer, Walking
Occupation	11525	2.5	Police, directing traffic, standing
Occupation	11526	2.0	Police, driving a squad car, sitting
Occupation	11527	1.3	Police, riding in a squad car, sitting
Occupation	11528	4.0	Police, making an arrest, standing
Occupation	11529	9.0	Counter terrorism maneuvers, clearing building
Occupation	11530	2.0	Shoe repair, general
Occupation	11540	7.3	Shoveling, digging ditches
Occupation	11550	8.8	Shoveling, more than 16 lbs/minute, deep digging, vigorous effort
Occupation	11560	5.0	Shoveling, less than 10 lbs/minute, moderate effort
Occupation	11570	6.5	Shoveling, 10 to 15 lbs/minute, vigorous effort
Occupation	11580	1.5	Sitting tasks, light effort (e.g., office work, chemistry lab work, light assembly repair, watch repair, reading, desk work)
Occupation	11582	1.3	Sitting, computer work
Occupation	11583	1.3	Standing workstation, typing, computer work
Occupation	11585	1.3	Sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting)
Occupation	11590	2.5	Sitting tasks, moderate effort (e.g. pushing heavy levers, riding mower/forklift, crane operation)
Occupation	11593	2.8	Sitting, teaching stretching or yoga, or light effort exercise classes
Occupation	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)
Occupation	11610	3.3	Standing, light/moderate effort (e.g., assemble/repair heavy parts, welding, stocking parts, auto repair, packing boxes, nursing patient care, laundry)
Occupation	11615	4.5	Standing, moderate effort, lifting items continuously, 10 – 20 lbs, with limited walking or resting
Occupation	11620	3.8	Standing, moderate effort, intermittent lifting 50 lbs, hitch or twisting ropes
Occupation	11630	4.5	Standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging)
Occupation	11650	2.3	Patient care, healthcare activities
Occupation	11660	3.5	Patient care, room cleaning/preparation
Occupation	11708	5.3	Steel mill, moderate effort (e.g., fettling, forging, tipping molds)
Occupation	11710	8.3	Steel mill, vigorous effort (e.g., hand rolling, merchant mill rolling, removing slag, tending furnace)
Occupation	11720	2.3	Tailoring, cutting fabric
Occupation	11730	2.5	Tailoring, general
Occupation	11740	1.8	Tailoring, hand sewing
Occupation	11750	2.5	Tailoring, machine sewing
Occupation	11760	3.5	Tailoring, pressing
Occupation	11763	2.0	Tailoring, weaving, light effort (e.g., finishing operations, washing, dyeing, inspecting cloth, counting yards, paperwork)
Occupation	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)
Occupation	11766	6.5	Truck driving, loading and unloading truck, tying down load, standing, walking and carrying heavy loads
Occupation	11767	2.0	Truck driving, delivery truck, taxi, shuttlebus, school bus
Occupation	11770	1.3	Typing, electric, manual or computer
Occupation	11780	6.3	Using heavy power tools such as pneumatic tools (e.g., jackhammers, drills, etc.)
Occupation	11790	7.8	Using heavy tools (not power) such as shovel, pick, tunnel bar, spade
Occupation	11791	2.0	Walking on job, less than 2.0 mph, very slow speed, in office or lab area
Occupation	11792	3.8	Walking on job, 2.8 to 3.4 mph, in office, moderate speed, not carrying anything

Occupation	11793	4.8	Walking on job, 3.5 to 3.9 mph, in office, brisk speed, not carrying anything
Occupation	11795	3.5	Walking on job, 2.5 mph, slow speed, carrying light objects less than 25 lbs
Occupation	11796	3.0	Walking, gathering things at work, ready to leave
Occupation	11797	3.8	Walking, 2.5 mph, slow speed, carrying heavy objects more than 25 lbs
Occupation	11800	4.5	Walking, 3.0 mph, moderately and carrying light objects less than 25 lbs
Occupation	11805	3.8	Walking, pushing a wheelchair
Occupation	11810	4.5	Walking, 3.5 mph, briskly and carrying objects less than 25 lbs
Occupation	11820	4.0	Walking or walk downstairs or standing, carrying objects about 25 to 49 lbs
Occupation	11830	5.5	Walking or walk downstairs or standing, carrying objects about 50 to 74 lbs
Occupation	11840	7.0	Walking or walk downstairs or standing, carrying objects about 75 to 99 lbs
Occupation	11850	7.3	Walking or walk downstairs or standing, carrying objects about 100 lbs or more
Occupation	11860	2.3	Warehouse/Shipping Center, Loading/Unloading boxes
Occupation	11862	4.3	Warehouse/Shipping Center, Moving boxes (~5kg)
Occupation	11870	3.0	Working in scene shop, theater actor, backstage employee
Occupation	11880	3.5	Soldiers, military marching, unloaded 1.5-2.5 mph
Occupation	11882	4.0	Soldiers, military marching, 1.5-2.5 mph, 10 to 30 kg load
Occupation	11884	5.0	Airborn Shuffle, 2.5 to 3.5 mph, 20-30 kg load
Occupation	11886	6.3	Soldiers, military loaded marching, varying terrain, 25-40 kg load
Occupation	11887	6.0	Soldiers, walking, 2.8 mph, 5% grade, up to 21.5 kg load
Occupation	11888	8.5	Soldiers, walking, 2.8 mph, 10% grade, up to 21.5 kg load
Occupation	18889	11.0	Soldiers, walking, 2.8 mph, 15% grade, up to 21.5 kg load
Occupation	18892	6.0	Military activities, arterial field preparation, digging defensive positions
Running	12010	6.0	Jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
Running	12020	7.5	Jogging, general, self-selected pace
Running	12025	4.8	Jogging, in place
Running	12026	3.3	Jogging 2.6 to 3.7 mph
Running	12027	4.5	Jogging on a mini-tramp
Running	12028	6.5	Running, 4 to 4.2 mph (13 min/mile)
Running	12029	7.8	Running 4.3 to 4.8 mph
Running	12030	8.5	Running, 5.0 to 5.2 mph (12 min/mile)
Running	12045	9.0	Running, 5.5 -5.8 mph
Running	12050	9.3	Running, 6-6.3 mph (10 min/mile)
Running	12060	10.5	Running, 6.7 mph (9 min/mile)
Running	12070	11.0	Running, 7 mph (8.5 min/mile)
Running	12080	11.8	Running, 7.5 mph (8 min/mile)
Running	12090	12.0	Running, 8 mph (7.5 min/mile)
Running	12100	12.5	Running, 8.6 mph (7 min/mile)
Running	12110	13.0	Running, 9 mph (6.5 min/mile)
Running	12115	14.8	Running, 9.3 to 9.6 mph
Running	12120	14.8	Running, 10 mph (6 min/mile)
Running	12130	16.8	Running, 11 mph (5.5 min/mile)
Running	12132	18.5	Running, 12 mph (5.0 min/mile)
Running	12134	19.8	Running, 13 mph (4.6 min/mile)
Running	12135	23.0	Running, 14 mph (4.3 min/mile)
Running	12140	9.3	Running, cross country

Running	12145	10.5	Running, self-selected pace
Running	12150	8.0	Running (Taylor Code 200)
Running	12170	15.0	Running, stairs, up
Running	12180	10.0	Running, on a track, team practice
Running	12184	18.0	Running, on track, 500-1500m, competitive
Running	12186	19.3	Running, on track, 2000-3000m, competitive
Running	12190	8.0	Running, training, pushing a wheelchair or baby carrier
Running	12200	13.3	Running, marathon
Running	12255	10.3	Running uphill, 4.5mph, 5% incline
Running	12260	13.3	Running uphill, 6.0 mph, 5% incline
Running	12265	15.5	Running uphill, 7.0 mph, 5% incline
Running	12325	17.5	Running uphill, 5.0 to 5.9 mph, 15% incline
Running	12335	8.8	Running uphill, 0.6 to 0.79 mph, 30% incline
Running	12337	10.3	Running uphill, 0.8 to 0.99 mph, 30% incline
Running	12339	11.8	Running uphill, 1.0 to 1.19 mph, 30% incline
Running	12341	13.5	Running uphill, 1.2 to 1.39 mph, 30-40% incline
Running	12343	14.8	Running uphill, 1.4 to 1.59 mph, 30% incline
Running	12345	16.3	Running uphill, >1.6mph, 10-30% incline
Running	12355	16.0	Running, hilly terrain, ±100m change in elevation
Running	12352	5.8	Running downhill, 5.0 to 5.9 mph, -10% to -15%
Running	12353	7.5	Running downhill, 6.0 to 6.9 mph, -10% to -15%
Running	12355	9.0	Running downhill, 7.0 to 8.9 mph, -10% to -15%
Running	12358	9.3	Running downhill, 6.0 to 7.9 mph, -3% to -9%
Running	12361	13.8	Running downhill, 8.0 to 10.5 mph, -3% to -9%
Running	12405	5.3	Running/jogging, curved treadmill, 3.0 to 3.9 mph
Running	12408	6.5	Running/jogging, curved treadmill, 4.0 to 4.9 mph
Running	12410	11.0	Running curved treadmill, 5.0 to 5.9 mph
Running	12412	12.0	Running curved treadmill, 7.0 to 7.9 mph
Running	12414	14.0	Running curved treadmill, 8.0 to 8.9 mph
Running	12416	16.8	Running curved treadmill, 9.0 to 9.9 mph
Running	12508	8.5	Running, 5.0 - 5.9 mph, 1.0 to 3.0 kg backpack
Running	12510	9.5	Running, 6.0 - 6.9 mph, 1.0 to 3.0 kg backpack
Running	12512	9.8	Running, 7.0 - 7.9 mph, 1.0 to 3.0 kg backpack
Running	12514	12.0	Running, 8.0 - 8.9 mph, 1.0 to 3.0 kg backpack
Running	12555	7.8	Running, barefoot, 3.5-5.9 mph
Running	12560	12.0	Running, barefoot, 6.0-7.9 mph
Running	12565	13.5	Running, barefoot, 8.0-8.9 mph
Running	12585	8.0	Running, jogging stroller, indoors, 5 mph
Running	12588	9.0	Running, jogging stroller, indoors, 6 mph
Running	12593	10.0	Running, jogging stroller, outdoors, 5 mph
Running	12595	11.5	Running, jogging stroller, outdoors, 6 mph
Running	12600	11.5	Skipping, 5.5-6.0 mph
Running	12620	13.0	Triathlon, Running
Self Care	13000	2.3	Getting ready for bed, general, standing
Self Care	13009	2.3	Sitting on toilet, eliminating while standing or squatting

Self Care	13010	1.5	Bathing, sitting
Self Care	13020	2.8	Dressing, undressing, standing or sitting
Self Care	13030	1.5	Eating, sitting
Self Care	13035	2.0	Talking and eating or eating only, standing
Self Care	13036	1.5	Taking medication, sitting or standing
Self Care	13040	2.0	Grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
Self Care	13045	2.5	Hairstyling, standing
Self Care	13046	1.3	Having hair or nails done by someone else, sitting
Self Care	13050	2.0	Showering, toweling off, standing
Sexual Activity	14010	5.8	Active, vigorous effort
Sexual Activity	14020	3.0	General, moderate effort
Sexual Activity	14030	1.8	Passive, light effort, kissing, hugging
Sports	15000	5.5	Alaska Native Games, Eskimo Olympics, general
Sports	15010	4.3	Archery (non-hunting)
Sports	15020	7.0	Badminton, competitive (Taylor Code 450)
Sports	15025	9.0	Badminton, competitive, match play
Sports	15030	5.5	Badminton, social singles and doubles, general
Sports	15040	8.0	Basketball, game (Taylor Code 490)
Sports	15050	6.0	Basketball, non-game, general (Taylor Code 480)
Sports	15055	7.5	Basketball, general
Sports	15060	7.0	Basketball, officiating (Taylor Code 500)
Sports	15062	5.8	Basketball, officiating
Sports	15070	5.0	Basketball, shooting baskets
Sports	15072	9.3	Basketball, drills, practice
Sports	15080	2.5	Billiards
Sports	15090	3.0	Bowling (Taylor Code 390)
Sports	15092	3.8	Bowling, indoor, bowling alley
Sports	15100	12.3	Boxing, in ring, general
Sports	15110	5.8	Boxing, punching bag
Sports	15113	7.0	boxing, punching bag, 60 b/min
Sports	15115	8.5	boxing, punching bag, 120 b/min
Sports	15118	10.8	boxing, punching bag, 180 b/min
Sports	15120	7.8	Boxing, sparring
Sports	15125	9.3	Boxing, simulated boxing round, exercise
Sports	15130	7.0	Broomball
Sports	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
Sports	15138	6.0	Cheerleading, gymnastic moves, competitive
Sports	15140	4.0	Coaching, football, soccer, basketball, baseball, swimming, etc.
Sports	15142	8.0	Coaching, actively playing sport with players
Sports	15150	4.8	Cricket, batting, bowling, fielding
Sports	15160	3.3	Croquet
Sports	15170	4.0	Curling
Sports	15180	2.5	Darts, wall or lawn
Sports	15190	6.0	Drag racing, pushing or driving a car

Sports	15192	8.5	Auto racing, open wheel
Sports	15195	7.8	Futsal
Sports	15200	6.0	Fencing, general
Sports	15203	9.8	Fencing, epee, competitive
Sports	15205	10.5	Floorball
Sports	15210	8.0	Football, competitive
Sports	15230	8.0	Football, touch, flag, general (Taylor Code 510)
Sports	15232	4.0	Football, touch, flag, light effort
Sports	15235	2.5	Football or baseball, playing catch
Sports	15240	3.0	Frisbee playing, general
Sports	15250	8.0	Frisbee, ultimate
Sports	15252	3.8	Frisbee golf
Sports	15255	4.5	Golf, general
Sports	15265	4.3	Golf, walking, carrying clubs
Sports	15270	3.5	Golf, miniature, driving range
Sports	15285	4.5	Golf, walking, pulling clubs
Sports	15290	3.5	Golf, using power cart (Taylor Code 070)
Sports	15300	3.8	Gymnastics, general
Sports	15310	4.0	Hacky sack
Sports	15320	12.0	Handball, general (Taylor Code 520)
Sports	15330	8.0	Handball, team
Sports	15335	4.0	High ropes course, multiple elements
Sports	15340	3.5	Hang gliding
Sports	15350	7.8	Hockey, field
Sports	15360	8.0	Hockey, ice, general
Sports	15362	10.0	Hockey, ice, competitive
Sports	15370	5.5	Horseback riding, general
Sports	15380	4.5	Horse grooming, maintenance, saddling tasks
Sports	15390	5.8	Horseback riding, trotting
Sports	15395	7.3	Horseback riding, canter or gallop
Sports	15400	3.8	Horseback riding, walking
Sports	15402	9.0	Horseback riding, jumping
Sports	15403	6.0	Horseback riding, reining
Sports	15406	2.1	Horseback riding, simulator
Sports	15408	1.8	Horse cart, driving, standing or sitting
Sports	15410	3.0	Horseshoe pitching, quoits
Sports	15420	12.0	Jai alai
Sports	15425	5.3	Martial Arts, different types, slower pace, novice performers, practice
Sports	15430	10.3	Martial Arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
Sports	15432	14.3	taekwando, combat simulation
Sports	15433	11.3	Judo
Sports	15440	4.0	Juggling
Sports	15444	6.5	Kendu, kihon-keiko style, moderate intensity
Sports	15445	9.6	Kendu, kirikaeshi style, high intensity

Sports	15446	11.3	Kendu, kakari keiko style, very high intensity
Sports	15450	7.3	Kickboxing
Sports	15455	5.5	Kung Fu Gymnastics
Sports	15450	7.0	Kickball
Sports	15460	8.0	Lacrosse
Sports	15465	3.3	Lawn bowling, bocce ball, outdoor
Sports	15470	4.0	Motocross, off-road motor sports, all-terrain vehicle, general
Sports	15475	5.3	Motorcycle racing, Supormoto racing
Sports	15477	7.0	Netball
Sports	15480	9.0	Orienteering
Sports	15490	10.0	Paddleball, competitive
Sports	15500	6.0	Paddleball, casual, general (Taylor Code 460)
Sports	15503	1.8	paragliding, moderate altitude
Sports	15506	6.5	Prusik climbing
Sports	15510	8.0	Polo, on horseback
Sports	15520	10.0	Racquetball, competitive
Sports	15525	10.3	Race Walking, 3.1 m/s (6.9 mph)
Sports	15527	13.8	Race Walking, 3.7 m/s (8.3 mph)
Sports	15528	15.5	Race Walking, racing speed, 4.0 m/s (8.95 mph)
Sports	15530	7.0	Racquetball, general (Taylor Code 470)
Sports	15533	8.0	Rock or mountain climbing (Taylor Code 060), (formerly code 17120)
Sports	15534	8.8	Rock climbing, free boulder
Sports	15535	7.3	Rock climbing, ascending rock, high difficulty
Sports	15536	10.5	Rock climbing, speed climbing, very difficult
Sports	15537	5.8	Rock climbing, ascending or traversing rock, low-to-moderate difficulty
Sports	15538	10.5	Rock climbing, treadwall, 4-6 m/min
Sports	15539	10.5	Rock climbing, treadwall, 7-10 m/min
Sports	15540	5.0	Rock climbing, rappelling,
Sports	15542	4.0	Rodeo sports, general, light effort
Sports	15544	5.5	Rodeo sports, general, moderate effort
Sports	15546	7.0	Rodeo sports, general, vigorous effort
Sports	15550	12.3	Rope jumping, fast pace, 120-160 skips/min
Sports	15551	11.8	Rope jumping, moderate pace, general, 100 to 120 skips/min, 2 foot skip, plain bounce
Sports	15552	8.3	Rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
Sports	15554	10.0	Rope jumping, double under or more
Sports	15560	8.3	Rugby, union, team, competitive
Sports	15562	6.3	Rugby, touch, non-competitive
Sports	15570	3.0	Shuffleboard
Sports	15580	5.0	Skateboarding, general, moderate effort
Sports	15582	6.0	Skateboarding, competitive, vigorous effort
Sports	15590	7.0	Skating, roller (Taylor Code 360)
Sports	15591	7.5	Roller blading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
Sports	15592	9.8	Roller blading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
Sports	15593	12.3	Roller blading, in-line skating, 21.0 to 21.7 km/h (13.0 to 13.6 mph), fast pace, exercise training
Sports	15594	15.5	Rollerblading, in-line skating, 24.0 km/h (15.0 mph), maximal effort

Sports	15595	6.8	skateboard, longboard, 13.3 km/h, slow speed
Sports	15596	8.3	skateboard, longboard, 16.2 km/h, typical speed
Sports	15597	10.5	skateboard, longboard, 13.3 km/h, fast speed
Sports	15600	3.5	Skydiving, basejumping, bunge jumping
Sports	15605	9.5	Soccer, competitive
Sports	15610	7.0	Soccer, casual, general (Taylor Code 540)
Sports	15615	3.5	walking football/soccer
Sports	15620	5.0	Softball or baseball, fast or slow pitch, general, moderate effort (Taylor Code 440)
Sports	15625	4.0	Softball, practice
Sports	15630	4.0	Softball, officiating
Sports	15640	6.0	Softball, pitching
Sports	15645	3.3	Sports spectator, very excited, emotional, physically moving
Sports	15650	12.0	Squash (Taylor Code 530)
Sports	15652	7.3	Squash, general
Sports	15660	4.0	Table tennis, ping pong (Taylor Code 410)
Sports	15670	3.3	Tai chi, qi gong, general
Sports	15672	1.5	Tai chi, qi gong, sitting, light effort
Sports	15674	6.0	tai chi chuan, Yang style
Sports	15675	6.8	Tennis, general, moderate effort
Sports	15676	8.0	Tennis, general, competitive
Sports	15680	6.0	Tennis, doubles (Taylor Code 430)
Sports	15685	4.5	Tennis, doubles
Sports	15690	8.0	Tennis, singles (Taylor Code 420)
Sports	15695	5.0	Tennis, hitting balls, non-game play, moderate effort
Sports	15700	6.3	Trampoline, recreational
Sports	15702	10.3	Trampoline, competitive
Sports	15710	4.0	Volleyball (Taylor Code 400)
Sports	15711	6.0	Volleyball, competitive, in gymnasium
Sports	15720	3.0	Volleyball, non-competitive, 6 - 9 member team, general
Sports	15725	8.0	Volleyball, beach, in sand
Sports	15730	6.0	Wrestling, competitive (one match = 5 minutes)
Sports	15731	7.0	Wallyball, general
Sports	15732	4.0	Track and field (e.g., shot, discus, hammer throw)
Sports	15733	6.0	Track and field (e.g., high jump, long jump, triple jump, javelin, pole vault)
Sports	15734	10.0	Track and field (e.g., steeplechase, hurdles)
Transportation	16002	9.3	Bicycling for transportation, light effort
Transportation	16004	9.3	Bicycling for transportation, high effort
Transportation	16005	6.8	E-bike (electrically assisted) for transportation
Transportation	16010	2.0	Automobile or light truck (not a semi) driving
Transportation	16015	1.3	Riding in a car or truck
Transportation	16016	1.3	Riding in a bus or train
Transportation	16020	1.8	Flying airplane or helicopter
Transportation	16030	2.8	Motor scooter, motorcycle
Transportation	16035	6.3	Pulling rickshaw
Transportation	16040	6.0	Pushing plane in and out of hangar

Transportation	16050	2.5	Truck, semi, tractor, ≥1 ton, or bus, driving
Transportation	16060	3.5	Walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface
Walking	17010	7.0	Backpacking (Taylor Code 050)
Walking	17011	3.5	Walking with a day pack, level ground, assumed in the city
Walking	17012	7.8	Backpacking, hiking with a daypack, organized walking with daypack
Walking	17016	4.0	Carrying 5 to 14 lb (2.3 to 6.4 kg) load (e.g. suitcase, boxes, groceries), level ground, moderate pace
Walking	17018	4.5	Carrying 15 - 155 lb (6.8 - 70.4 kg) load (e.g. suitcase, boxes, furniture), level ground or downstairs, slow pace
Walking	17019	6.5	Carrying 50 to 150 pound load (e.g., equine or bovine feed, fence pipes, furniture), level ground, moderate pace
Walking	17021	2.3	Carrying ~10 lb child, slow walking
Walking	17025	8.3	Carrying load upstairs, general
Walking	17026	5.5	Carrying load, 1 to 15 lb load, upstairs
Walking	17027	6.0	Carrying load, 16 to 24 lb load, upstairs
Walking	17028	8.0	Carrying load, 25 to 49 lb load, upstairs
Walking	17029	10.0	Carrying load, 50 to 74 lb load, upstairs
Walking	17030	12.0	Carrying load, >74 lb load, upstairs
Walking	17031	3.8	Loading and/or unloading a car, implied walking
Walking	17032	5.0	Climbing hills, no load, 5 to 20% grade, very slow pace
Walking	17033	3.8	Climbing hills, 15-50 lb load, 1 to 2% grade, slow pace
Walking	17034	5.3	Climbing hills, no load, 1 to 5% grade, moderate-to-brisk pace
Walking	17035	7.0	Climbing hills, no load, 6 to 10% grade, moderate-to-brisk pace
Walking	17036	8.8	Climbing hills, no load, 11 to 20% grade, slow-to-moderate pace
Walking	17037	10.0	Climbing hills, no load, 4.0 to 5.0 mph, 3 to 5% grade, very fast pace
Walking	17038	8.5	Climbing hills, no load, steep grade (30%), slow pace (less than 1.2 mph)
Walking	17039	15.5	Climbing hills, no load, very steep grade (30-40%), 1.2 to 1.8 mph
Walking	17040	16.3	Climbing hills, no load, steep grade (10-40%), 1.8 to 5.0 mph
Walking	17045	6.5	Climbing hills, 10 to 20 lb load, 5 to 10% grade, moderate
Walking	17050	7.5	Climbing hills, 21 to 40 lb load, 3 to 10% grade, moderate-to-brisk pace
Walking	17060	10.0	Climbing hills, 20+ pound load, 5 to 20% grade, moderate to brisk pace
Walking	17070	3.5	Descending stairs
Walking	17076	4.5	Hauling water, head hauling, walking on flat surface
Walking	17080	6.0	Hiking, cross country (Taylor Code 040)
Walking	17081	3.8	Hiking slowly or ambling through fields and hillsides, no load
Walking	17082	5.3	Hiking or walking at a normal pace through fields and hillsides, no load
Walking	17085	2.5	Bird watching, walking and stopping
Walking	17088	4.5	Marching, moderate speed, military, no pack
Walking	17090	8.0	Marching rapidly, military, no pack
Walking	17100	3.8	Pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
Walking	17105	3.8	Pushing a wheelchair, non-occupational
Walking	17110	6.5	Race walking
Walking	17130	8.0	Stair climbing, using or climbing up ladder (Taylor Code 030)
Walking	17131	6.8	Stair climbing, general
Walking	17133	4.5	Stair climbing, slow pace
Walking	17134	9.3	Stair climbing, fast pace, one step at a time
Walking	17136	7.5	Stair climbing, two steps at a time
Walking	17138	7.5	Stair climbing, ascending and descending stairs

Walking	17140	4.5	Using crutches, level ground, general
Walking	17142	7.0	Using crutches, fast pace
Walking	17145	4.3	Using medical knee scooter
Walking	17150	2.3	Walking, household
Walking	17151	2.3	Walking, less than 2.0 mph, level, strolling, very slow
Walking	17152	2.8	Walking, 2.0 to 2.4 mph, level, slow pace, firm surface
Walking	17160	3.5	Walking for pleasure (Taylor Code 010)
Walking	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
Walking	17162	2.5	Walking to neighbor's house or family's house for social reasons
Walking	17165	3.0	Walking the dog
Walking	17170	3.0	Walking, 2.5 mph, firm, level surface
Walking	17180	3.3	Walking, 2.5 mph, downhill
Walking	17190	3.8	Walking, 2.8 to 3.4 mph, level, moderate pace, firm surface
Walking	17200	4.8	Walking, 3.5 to 3.9 mph, level, brisk, firm surface, walking for exercise
Walking	17220	5.5	Walking, 4.0 to 4.4 mph (6.4 to 7.0 km/h), level, firm surface, very brisk pace
Walking	17230	7.0	Walking, 4.5 to 4.9 mph, level, firm surface, very, very brisk
Walking	17231	8.5	Walking, 5.0 to 5.5 mph (8.8 to 8.9 km/h), level, firm surface
Walking	17250	3.5	Walking, for pleasure, work break (Taylor Code xxx)
Walking	17255	4.0	Walking, self-selected speed, indoor track or outdoors, firm surface
Walking	17260	4.8	Walking, grass track
Walking	17262	4.5	Walking, normal pace, plowed field or sand
Walking	17270	4.0	Walking, to work or class (Taylor Code 015)
Walking	17280	2.5	Walking, to and from an outhouse
Walking	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
Walking	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
Walking	17305	8.5	Walking, for exercise, 4.5 to 5.0 mph, with ski poles, Nordic walking, level, fast pace
Walking	17310	8.8	Walking, for exercise, with ski poles, Nordic walking, uphill, moderate pace
Walking	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)
Walking	17315	12.3	Walking, for exercise, with ski poles, Nordic walking, uphill, carrying 20 to 30 lb load (9.0 to 15.0 kg)
Walking	17320	6.0	Walking, backward, 3.5 mph, level
Walking	17325	7.8	Walking, backward, 3.5 mph, uphill, 5% grade
Walking	17350	8.0	Walking, Teabag walk, Monty Python Ministry of Silly Walks
Walking	17352	3.5	Walking, Putey walk, Monty Python Ministry of Silly Walks
Walking	17360	2.1	Walking, treadmill, less than 1.0 mph, 0% grade
Walking	17364	2.3	Walking, treadmill, 1.0 mph, 0% grade
Walking	17368	2.8	Walking, treadmill, 1.2 to 1.9 mph, 0% grade (1.9 to 3.0 km/h)
Walking	17342	3.0	Walking, treadmill, 2.0 to 2.4 mph (3.2 to 3.9 km/h), 0% grade
Walking	17346	3.5	Walking, treadmill, 2.5 to 2.9 mph (4.0 to 4.7 km/h), 0% grade
Walking	17350	3.8	Walking, treadmill, 3.0 to 3.4 mph (4.8 to 5.5 km/h), 0% grade
Walking	17354	4.8	Walking, treadmill, 3.5 to 3.9 mph (5.6 to 6.3 km/h), 0% grade
Walking	17358	5.8	Walking, treadmill, 4.0 to 4.4 mph (6.4 to 7.1 km/h), 0% grade
Walking	17362	6.8	Walking, treadmill, 4.5 to 4.9 mph (7.2 to 7.9 km/h), 0% grade
Walking	17366	8.3	Walking, treadmill, 5.0 to 5.5 mph (8.0 to 8.9 km/h), 0% grade
Walking	17382	3.3	Walking, treadmill, downhill (-3% to -12% grade), 2.8 to 3.1 mph
Walking	17412	3.3	Walking, treadmill, downhill (-5% to -25% grade), 2.8 mph, with Nordic Poles

Walking	17434	4.8	Walking, treadmill, 2.5 mph, 0% grade, 5 to 20 degrees C, 40 lb (18.2 kg) load
Walking	17438	5.8	Walking, treadmill, 2.5 mph, 0% grade, -10 to 0 degrees C, 40 lb (18.2 kg) load
Walking	17455	8.3	Walking, Curved treadmill, 3.0 to 5.0 mph, brisk pace
Walking	17475	7.8	Walking treadmill, backwards, 2.5 mph, +10% grade
Walking	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	Boating, power, driving
Water Activities	18012	1.3	Boating, power, passenger, light
Water Activities	18020	4.0	Canoeing, on camping trip (Taylor Code 270)
Water Activities	18025	3.3	Canoeing, harvesting wild rice, knocking rice off the stalks
Water Activities	18030	7.0	Canoeing, portaging
Water Activities	18040	2.8	Canoeing, rowing, 2.0-3.9 mph, light effort
Water Activities	18050	5.8	Canoeing, rowing, 4.0-5.9 mph, moderate effort
Water Activities	18060	12.5	Canoeing, rowing, kayaking, competition, > 6 mph, vigorous effort
Water Activities	18070	3.5	Canoeing, rowing, for pleasure, general (Taylor Code 250)
Water Activities	18080	12.0	Canoeing or rowing, in competition, crew or sculling (Taylor Code 260)
Water Activities	18090	3.0	Diving, springboard or platform
Water Activities	18100	5.0	Kayaking, moderate effort
Water Activities	18104	13.5	kayaking, competition
Water Activities	18106	9.0	kayaking, slalom, flat water
Water Activities	18110	4.0	Paddle boat
Water Activities	18112	15.5	Rowing, simulated crew in a water tank, single oar, 33 strokes/min,
Water Activities	18114	15.5	Rowing, single scull, ergometer, ergometer on slides, racing speed (32+ strokes/min, >10 mph)
Water Activities	18120	3.0	Sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
Water Activities	18130	4.5	Sailing, in competition, general
Water Activities	18132	9.3	Sailing, in competition, high effort
Water Activities	18140	3.3	Sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting, leisure
Water Activities	18142	2.0	Sailing, dingy
Water Activities	18150	6.0	Skiing, water or wake boarding (Taylor Code 220)
Water Activities	18160	7.0	Jet skiing, driving, in water
Water Activities	18180	15.8	Skindiving, fast
Water Activities	18190	11.8	Skindiving, moderate
Water Activities	18200	7.0	Skindiving, scuba diving, general (Taylor Code 310)
Water Activities	18202	5.3	Scuba diving, general, light effort
Water Activities	18204	5.8	Scuba diving, general, moderate effort
Water Activities	18206	5.5	Scuba diving, professional diver
Water Activities	18202	6.8	Scuba diving, recreational diver
Water Activities	18210	5.0	Snorkeling (Taylor Code 320)
Water Activities	18220	3.0	Surfing, body or board, general
Water Activities	18221	6.8	Surfboard, paddling
Water Activities	18222	5.0	Surfing, body or board, competitive
Water Activities	18224	6.5	Stand up paddle boarding, general
Water Activities	18225	2.8	Stand up Paddleboard, standing, 10-19 strokes/min
Water Activities	18226	3.8	Stand up Paddleboard, standing, 20-29 strokes/min
Water Activities	18227	5.0	Stand up Paddleboard, standing, 30-39 strokes/min
Water Activities	18228	9.8	Stand up Paddleboard, standing, 40-49 strokes/min

Water Activities	18229	11.0	Stand up Paddleboard, standing, 50-69 strokes/min
Water Activities	18230	9.8	Swimming laps, freestyle, fast, vigorous effort
Water Activities	18240	5.8	Swimming laps, freestyle, slow, recreational
Water Activities	18250	9.5	Swimming, backstroke, training or competition
Water Activities	18255	4.8	Swimming, backstroke, recreational
Water Activities	18260	10.3	Swimming, breaststroke, general, training or competition
Water Activities	18265	5.3	Swimming breaststroke, recreational
Water Activities	18270	13.8	Swimming, butterfly, general
Water Activities	18280	10.5	Swimming, crawl, fast speed, ~75 yards/minute, vigorous effort
Water Activities	18285	10.5	Swimming, open water, 5k
Water Activities	18290	8.00	Swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
Water Activities	18292	5.8	Swimming, crawl, slow speed, 30-45 yards/minute, moderate effort
Water Activities	18294	14.5	Swimming, crawl, elite swimmers, competition, >90 yards/minute
Water Activities	18300	6.0	Swimming, lake, ocean, river (Taylor Codes 280, 295)
Water Activities	18310	6.0	Swimming, leisurely, not lap swimming, general
Water Activities	18320	7.0	Swimming, sidestroke, general
Water Activities	18330	8.0	Swimming, synchronized
Water Activities	18340	9.8	Swimming, treading water, fast, vigorous effort
Water Activities	18350	3.5	Swimming, treading water, moderate effort, general
Water Activities	18352	2.3	Tubing, floating on a river, general
Water Activities	18355	5.5	Water aerobics, water calisthenics, general
Water Activities	18356	3.8	water aerobics, resistance exercises
Water Activities	18358	7.5	water aerobics, high intensity
Water Activities	18360	10.0	Water polo
Water Activities	18365	3.0	Water volleyball
Water Activities	18366	9.8	Water jogging, vigorous effort
Water Activities	18367	2.5	Water walking, light effort, slow pace
Water Activities	18368	4.8	Water walking, moderate effort, moderate pace
Water Activities	18369	6.8	Water walking, vigorous effort, brisk pace
Water Activities	18370	5.0	Whitewater rafting, kayaking, or canoeing
Water Activities	18374	6.5	water running, 30 steps/min, slow
Water Activities	18375	7.5	water running, 40 steps/min, moderate
Water Activities	18376	8.5	water running, 50 steps/min, fast
Water Activities	18377	9.8	water running, 60 steps/min, very fast
Water Activities	18380	5.0	Windsurfing, not pumping for speed
Water Activities	18385	11.0	Windsurfing or kitesurfing, crossing trial
Water Activities	18390	14.0	Windsurfing, competition, pumping for speed
Water Activities	18404	2.8	Aquatic cycling, 25 W, 40-50 RPM
Water Activities	18408	4.8	Aquatic cycling, 25 W, 60-70 RPM
Water Activities	18412	3.8	Aquatic cycling, 50 W, 40-50 RPM
Water Activities	18416	6.0	Aquatic cycling, 50 W, 60-70 RPM
Water Activities	18420	5.0	Aquatic cycling, 75 W, 40-50 RPM
Water Activities	18424	6.3	Aquatic cycling, 75 W, 60-70 RPM
Water Activities	18428	6.3	Aquatic cycling, 100 W, 40-50 RPM
Water Activities	18432	7.5	Aquatic cycling, 100 W, 60-70 RPM

Water Activities	18436	8.5	Aquatic cycling, 80-89 RPM
Water Activities	18440	10.3	Aquatic cycling, 90+ RPM
Winter Activities	19005	7.5	Dog sledding, mushing
Winter Activities	19006	2.5	Dog sledding, passenger
Winter Activities	19010	6.0	Moving ice house, set up/drill holes
Winter Activities	19011	2.0	Ice fishing
Winter Activities	19018	14.0	Skating, ice dancing
Winter Activities	19020	5.5	Skating, ice, 9 mph or less
Winter Activities	19030	7.0	Skating, ice, general (Taylor Code 360)
Winter Activities	19040	9.0	Skating, ice, rapidly, more than 9 mph but not competitive
Winter Activities	19045	9.0	Skating Treadmill, 6 - 6.9 mph, 2% grade
Winter Activities	19046	10.0	Skating Treadmill, 7 - 7.9 mph, 2% grade
Winter Activities	19047	10.5	Skating Treadmill, 8 - 8.9 mph, 2% grade
Winter Activities	19048	11.0	Skating Treadmill, 9 - 9.9 mph, 2% grade
Winter Activities	19050	13.8	Skating, speed, competitive
Winter Activities	19060	7.0	Ski jumping, climb up carrying skis
Winter Activities	19075	7.0	Skiing, general
Winter Activities	19080	6.8	Skiing, cross country, 2.5 mph, slow or light effort, ski walking
Winter Activities	19090	8.5	Skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
Winter Activities	19100	11.3	Skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
Winter Activities	19110	14.0	Skiing, cross country, elite skier, >8.0-11.9 mph, racing
Winter Activities	19112	16.0	skiing, cross country, 12-16 mph, elite skier, racing
Winter Activities	19115	9.5	Skiing, Cross-country skiing high-intensity training
Winter Activities	19130	15.5	Skiing, cross country, hard snow, uphill, maximum, snow mountaineering
Winter Activities	19135	13.3	Skiing, cross-country, skating
Winter Activities	19140	13.5	Skiing, cross-country, biathlon, skating technique
Winter Activities	19142	12.8	Biathlon training, 5 degree incline, 8 km/h (5 mph), with/without rifle
Winter Activities	19144	12.8	Biathlon training, 5 degree incline, 10.7 km/h (5 mph), with/without rifle
Winter Activities	19146	9.3	Skiing, slalom
Winter Activities	19150	4.3	Skiing, downhill, alpine or snowboarding, light effort, active time only
Winter Activities	19160	6.3	Skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
Winter Activities	19170	8.0	Skiing, downhill, alpine or snowboarding, vigorous effort, active time only
Winter Activities	19174	7.3	Skiing, Alpine skiing high-intensity training
Winter Activities	19180	7.0	Sledding, tobogganing, bobsledding, luge (Taylor Code 370)
Winter Activities	19190	5.3	Snow shoeing, moderate effort
Winter Activities	19192	10.0	Snow shoeing, vigorous effort
Winter Activities	19200	3.8	Snowmobiling, driving, moderate pace, flat land
Winter Activities	19201	7.5	snowboarding, recreational, moderate pace, mountain
Winter Activities	19202	2.0	Snowmobiling, passenger, light
Winter Activities	19252	5.3	Snow shoveling, by hand, moderate effort
Winter Activities	19254	7.5	Snow shoveling, by hand, vigorous effort
Winter Activities	19260	2.5	Snow blower, walking and pushing
Winter Activities	19300	12.5	Skiing, roller, elite racers
Winter Activities	19305	5.5	Rollerskiing, 10 - 12.9 km/h, no incline
Winter Activities	19310	6.8	Rollerskiing, 13 - 16.9 km/h, no incline

Winter Activities	19315	8.3	Rollerskiing, 17 - 19.9 km/h, no incline
Winter Activities	19320	10.5	Rollerskiing, 20 - 23.9 km/h, no incline
Winter Activities	19325	15.0	Rollerskiing, 24 - 27.9 km/h, no incline
Winter Activities	19330	12.5	Rollerskiing, 10-15 km/h, 2-5 degree incline
Winter Activities	19335	14.3	Rollerskiing, 16-22 km/h, 2-5 degree incline
Winter Activities	19340	12.3	Rollerskiing, 6-9 km/h, 6-10 degree incline
Winter Activities	19345	16.0	Rollerskiing, >10 km/h, 6-10 degree incline
Winter Activities	19400	9.0	Mountaineering, downhill climbing, walking down with rope
Winter Activities	19405	10.3	Mountaineering, downhill climbing/cross-country skiing
Religious Activities	20000	1.0	Sitting in church, in service, attending a ceremony, sitting quietly
Religious Activities	20001	2.0	Sitting, playing an instrument at church
Religious Activities	20005	1.8	Sitting in church, talking or singing, attending a ceremony, sitting, active participation
Religious Activities	20010	1.5	Sitting, reading religious materials at home
Religious Activities	20015	1.3	Standing quietly in church, attending a ceremony
Religious Activities	20020	2.0	Standing, singing in church, attending a ceremony, standing, active participation
Religious Activities	20025	1.3	Kneeling in church or at home, praying
Religious Activities	20030	1.3	Standing, talking in church
Religious Activities	20035	2.0	Walking in church
Religious Activities	20036	2.0	Walking, less than 2.0 mph, very slow
Religious Activities	20037	3.8	Walking, 2.8 to 3.4 mph, moderate speed, not carrying anything
Religious Activities	20038	4.8	Walking, 3.5 to 3.9 mph, brisk speed, not carrying anything
Religious Activities	20039	2.0	Walk/stand combination for religious purposes, usher
Religious Activities	20040	5.0	Praise with dance or run, spiritual dancing in church
Religious Activities	20045	2.3	Serving food at church
Religious Activities	20046	2.0	Preparing food at church
Religious Activities	20047	3.3	Washing dishes, cleaning kitchen at church
Religious Activities	20050	1.5	Eating at church
Religious Activities	20055	2.0	Eating/talking at church or standing eating, American Indian Feast days
Religious Activities	20060	3.3	Cleaning church
Religious Activities	20061	4.0	General yard work at church
Religious Activities	20065	3.8	Standing , moderate effort (e.g., lifting heavy objects, assembling at fast rate)
Religious Activities	20095	4.5	Standing, moderate-to-heavy effort, manual labor, lifting ≥ 50 lbs, heavy maintenance
Religious Activities	20100	1.3	Typing, electric, manual, or computer
Volunteer Activities	21000	1.3	sitting, meeting, general, and/or with talking involved
Volunteer Activities	21005	1.5	sitting, light office work, in general
Volunteer Activities	21010	2.5	sitting, moderate work
Volunteer Activities	21015	1.8	standing, light work (filing, talking, assembling)
Volunteer Activities	21016	2.0	sitting, child care, only active periods
Volunteer Activities	21017	3.5	standing, child care, only active periods
Volunteer Activities	21018	3.5	walk/run play with children, moderate, only active periods
Volunteer Activities	21019	5.8	walk/run play with children, vigorous, only active periods
Volunteer Activities	21020	3.3	standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture)
Volunteer Activities	21025	3.5	standing, moderate (e.g., lifting 50 lbs., assembling at fast rate)
Volunteer Activities	21030	4.5	standing, moderate/heavy work
Volunteer Activities	21035	1.3	typing, electric, manual, or computer

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

