

Gym Activities			
Aerobics: low impact	209	Aerobics: high impact	293
Aerobics, Step: 6" - 8" step	355	Aerobics, Step: 10" - 12" step	418
Aerobics: water	167	Bicycling, Stationery: moderate, 150 watts	293
Bicycling, Stationery: vigorous, 200 watts	439	Calisthenics: Vigorous, jumping jacks, push-ups, sit-ups, pullups	334
Calisthenics: Moderate, back exercises, going up and down from the floor	146	Circuit Training: w/some aerobic, minimal rest	334
Elliptical Trainer: general	301	Riders: general (ie., HealthRider)	167
Rowing, Stationery: moderate, 100 watts	293	Rowing, Stationery: vigorous, 150 watts	355
Ski Machine: general	293	Stair Step Machine: General, without supporting any bodyweight on hand rails	376
Stretching: Mild, Hatha Yoga	105	Teaching aerobics	251
Weight Lifting: Light, free weight, nautilus or universal-type	125	Weight Lifting: Vigorous, free weight, nautilus or universal-type	251
Training and Sport Activities			
Archery: non-hunting	146	Badminton: general, social	188
Basketball: playing a game	334	Basketball: wheelchair	272
Basketball: shooting baskets	188	Basketball: officiating a game	293
Billiards	105	Bicycling: BMX or mountain	355
Bicycling: 12-13.9 mph, leisure, moderate effort	334	Bicycling: 14-15.9 mph, leisure racing, fast, vigorous	418
Bicycling: 16-19 mph, very fast, not drafting	502	Bicycling: > 20 mph, racing, not drafting	669
Bowling	125	Boxing: sparring	376
Boxing: punching bag	251	Boxing: in the ring	502
Coaching: football, soccer, basketball, etc.	167	Cricket: batting, bowling	209
Curling	167	Dancing: Fast, ballet, twist	201
Dancing: disco, ballroom, square, line, Irish step, polka	188	Dancing: slow, waltz, foxtrot, tango, fox trot	125
Fencing	251	Football: competitive	376
Football: touch, flag, general	334	Football or Baseball: playing catch	105
Frisbee: general	125	Frisbee: Ultimate	334
Golf: carrying clubs	188	Golf: using cart	146
Golf: driving range, miniature	125	Golf: walking and pulling clubs	180

Gymnastics: general	167	Hacky sack	167
Handball: general	502	Handball: team	334
Hang Gliding	146	Hiking: cross-country	251
Hockey: field & ice	334	Horseback Riding: general	167
Ice Skating: general	293	Kayaking	209
Martial Arts: judo, karate, kick boxing, tae kwan do	418	Motor-Cross	167
Orienteering	376	Polo	418
Race Walking	272	Racquetball: competitive	418
Racquetball: casual, general	293	Rock Climbing: ascending	460
Rock Climbing: rappelling	334	Rollerblade / In-Line Skating	523
Rope Jumping: general, moderate	418	Running: 5 mph (12 min/mile)	334
Running: 5.2 mph (11.5 min/mile)	376	Running: 6 mph (10 min/mile)	418
Running: 6.7 mph (9 min/mile)	460	Running: 7 mph (8.5 min/mile)	481
Running: 8.6 mph (7 min/mile)	585	Running: 10 mph (6 min/mile)	669
Running: training, pushing wheelchair, marathon wheeling	334	Running: cross-country	376
Running: stairs, up	627	Running: on track, team practice	418
Scuba or skin diving	293	Skateboarding	209
Skiing: cross-country, light effort, general, 2.5 mph	293	Skiing: cross-country, vigorous, 5.0 - 7.9 mph	376
Skiing: downhill, moderate effort	251	Skiing: downhill, vigorous effort, racing	334
Sky diving	146	Sledding, luge, toboggan, bobsled	293
Snorkeling	209	Snow Shoeing	334
Soccer: general	293	Soccer: competitive play	418
Softball or Baseball: slow or fast pitch, general	209	Softball: Officiating	167
Softball: pitching	251	Squash	502
Surfing: body or board	125	Swimming: general, leisurely, no laps	251
Swimming: laps, vigorous	418	Swimming: backstroke	293
Swimming: breaststroke	418	Swimming: butterfly	460
Swimming: crawl, moderate, 50 yds/min	334	Swimming: treading, moderate effort	334
Swimming: lake, ocean, river	251	Swimming: synchronized	334
Table Tennis / Ping Pong	167	Tai Chi	167
Tennis: singles, competitive	334	Tennis: doubles, competitive	209

Tennis: general play	293	Track & Field: shot, discus, hammer throw	167
Track & Field: high jump, long jump, triple jump, javelin, pole vault	251	Track & Field: steeplechase, hurdles	418
Volleyball: non-competitive, general play, 6 - 9 member team	125	Volleyball: competitive, gymnasium play	334
Volleyball: beach	334	Walk: 2 mph (30 min/mi)	105
Walk: 3 mph (20 min/mi)	138	Walk: 3.5 mph (17 min/mi)	159
Walk: 4 mph (15 min/mi)	209	Walk: 4.5 mph (13 min/mi)	263
Walk: 5 mph (12 min/mi)	334	Water Skiing	251
Water Jogging	334	Water Polo	418
Water Volleyball	125	Whitewater: rafting, kayaking	209
<b>Outdoor Home Maintenance / Improvement Activities</b>			
Carpentry, installing rain gutters, building fence	251	Carrying & stacking wood	209
Chopping & splitting wood	251	Cleaning rain gutters	209
Digging, spading dirt, composting	209	Gardening: general	167
Gardening: weeding	188	Laying sod / crushed rock	209
Mowing Lawn: push, hand	251	Mowing Lawn: push, power	230
Operate Snow Blower: walking	188	Paint outside of home	209
Planting seedlings, shrubs	188	Plant trees	188
Raking Lawn	180	Roofing	251
Sacking grass or leaves	167	Shoveling Snow: by hand	251
Storm Windows: hanging	209	Sweeping: garage, sidewalks, outside of house	167
Trimming shrubs/trees: manual cutter	188	Trimming: using edger, power cutter, etc.	146
Watering plants, by hand	105	Workshop: general carpentry	125
Yard: applying seed or fertilizer, walking	105	Yard: watering by hand, standing/walking	63
<b>Indoor Home Repair / Improvement Activities</b>			
Carpentry: finish or refinish furniture or cabinets	188	Caulking: bathroom, windows	188
Crafts: Standing, light effort	75	Hang sheet rock, paper or plaster walls	125
Lay or remove carpet/tile	188	Paint, paper, remodel: inside	188
Sanding floors with a power sander	188	Wiring and Plumbing	125
<b>Home &amp; Daily Life Activities</b>			
Child-care: bathing, feeding, etc.	125	Child games: moderate, hop-scotch, jacks, etc.	167

Cleaning House: general	125	Cleaning: light dusting, straightening up, taking out trash, etc.	105
Cooking / Food Preparation	84	Food Shopping: with or without cart	96
Heavy Cleaning: wash car, windows	125	Ironing	96
Making Bed	84	Moving: household furniture	251
Moving: carrying boxes	234	Moving: unpacking	146
Playing w/kids: moderate effort	167	Playing w/kids: vigorous effort	209
Reading: sitting	42	Standing in line	50
Standing: bathing dog	146	Sleeping	38
Vacuuming	146	Watching TV	42
<b>Office Activities</b>			
Driving vehicle to work	84	Sitting: light office work, meeting	63
Standing: filing, light work	96	Riding in a bus or vehicle to work	42
Typing: Computer, electric or manual	63	Walking: work break	146
<b>Occupational Activities</b>			
Bartending/Server	84	Bakery: general, moderate effort	167
Building Road: hauling debris, driving heavy machinery	251	Carpentry Work	146
Coaching Sports	167	Coal Mining	251
Computer Work	63	Construction: outside, remodeling	230
Custodial Work: general cleaning, moderate effort	146	Electrical Work	146
Firefighting	502	Forestry, general	334
Forestry: planting trees by hand	251	Heavy Equip. Operator	105
Horse Grooming	251	Light Office Work	63
Locksmith	146	Masonry	293
Masseur, standing	167	Moving / Pushing heavy objects >75 lbs.	314
Patient Care: Nursing	125	Plumbing	146
Police Officer: making an arrest	167	Printing: operator, standing	96
Sitting in Class	75	Shoe Repair: general	105
Steel Mill: general	334	Theater Work	100
Truck Driving: loading and unloading truck	272	Welding	125