

2024 Adult Compendium of Physical Activities

| Major Heading | Activity Code | MET Value | Activity Description |
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| 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 |

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| 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 heart action training |
| Conditioning Exercise | 02056 | 3.0 | Body weight resistance exercises (e.g., squat, lunge, push-up, crunch), general |
| Conditioning Exercise | 02057 | 6.5 | Body weight resistance 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 |

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| 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 | Hoop (formerly known as hula® hooping) |
| Conditioning Exercise | 02240 | 9.0 | Impulse Training System, Inertial Exercise Trainer |

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| Conditioning Exercise | 02280 | 7.9 | 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 | 03005 | 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 |

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| 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 |

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| 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 |

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| 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 | 05184 | 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 |

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| 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) |

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| 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) |

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| 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 |

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| 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 |

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| 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) |

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| 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 |

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| 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 |

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| 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 | Airborne 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 | 11889 | 11.0 | Soldiers, walking, 2.8 mph, 15% grade, up to 21.5 kg load |
| Occupation | 11892 | 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 |

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| 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 | 12350 | 16.0 | Running, hilly terrain, ± 100 m 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 | Skiping, 5.5-6.0 mph |

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| 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, towel 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. |

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| 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 |

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| 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 kwon do, tai-bo, Muay Thai boxing) |
| Sports | 15432 | 14.3 | Taekwondo, combat simulation |
| Sports | 15433 | 11.3 | Judo |
| Sports | 15440 | 4.0 | Juggling |
| Sports | 15444 | 6.5 | Kendo, kihon-keiko style, moderate intensity |
| Sports | 15445 | 9.6 | Kendo, kirikaeshi style, high intensity |
| Sports | 15446 | 11.3 | Kendo, kakari keiko style, very high intensity |
| Sports | 15450 | 7.0 | Kickball |
| Sports | 15455 | 5.5 | Kung Fu Gymnastics |
| Sports | 15457 | 7.3 | Kickboxing |
| 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 |

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| 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, 18.4 km/h, fast speed |
| Sports | 15600 | 3.5 | Skydiving, base-jumping, bungee 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 |

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| 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 | 6.8 | Bicycling for transportation, moderate 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 |

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| 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 |

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| 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 | 17330 | 8.0 | Walking, Teabag walk, Monty Python Ministry of Silly Walks |
| Walking | 17332 | 3.5 | Walking, Putney walk, Monty Python Ministry of Silly Walks |
| Walking | 17340 | 2.1 | Walking, treadmill, less than 1.0 mph, 0% grade |
| Walking | 17343 | 2.3 | Walking, treadmill, 1.0 mph, 0% grade |
| Walking | 17346 | 2.8 | Walking, treadmill, 1.2 to 1.9 mph, 0% grade (1.9 to 3.0 km/h) |
| Walking | 17349 | 3.0 | Walking, treadmill, 2.0 to 2.4 mph (3.2 to 3.9 km/h), 0% grade |
| Walking | 17352 | 3.5 | Walking, treadmill, 2.5 to 2.9 mph (4.0 to 4.7 km/h), 0% grade |
| Walking | 17355 | 3.8 | Walking, treadmill, 3.0 to 3.4 mph (4.8 to 5.5 km/h), 0% grade |
| Walking | 17358 | 4.8 | Walking, treadmill, 3.5 to 3.9 mph (5.6 to 6.3 km/h), 0% grade |
| Walking | 17361 | 5.8 | Walking, treadmill, 4.0 to 4.4 mph (6.4 to 7.1 km/h), 0% grade |
| Walking | 17364 | 6.8 | Walking, treadmill, 4.5 to 4.9 mph (7.2 to 7.9 km/h), 0% grade |
| Walking | 17367 | 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, |

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| 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 | 18208 | 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 |

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| 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 icehouse, 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 |

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| 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 |

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| 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) |

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| 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 |