**Bell Paper METs Algorithm**

1. Convert activities to METs
   1. RPAC9 = Which sport or exercise do you do most frequently?
   2. RPAC13 = What is your second most frequent sport or exercise?
   3. RPAC17 = What is your third most frequent sport or exercise?
   4. RPAC21 = What is your fourth most frequent sport or exercise?
2. Get hrs/wk and wks/yr of activities
   1. Activity (RPAC10 / RPAC14 / RPAC18 / RPAC22)

How many hours a week do you do this activity?

* + - 1. Less than 1
      2. At least 1 but not quite 2
      3. At least 2 but not quite 3
      4. At least 3 but not quite 4
      5. 4 or more

Calculation:

1. Take the average of the two endpoints (if only one boundary, then step out 0.5 hours)
   * + 1. 0.5 hours
       2. 1.5 hours
       3. 2.5 hours
       4. 3.5 hours
       5. 4.5 hours
   1. Activity time (RPAC11 / RPAC15 / RPAC19 / RPAC23)

How many months a year do you do this activity?

* + - 1. Less than 1
      2. At least 1 but not quite 4
      3. At least 4 but not quite 7
      4. At least 7 but not quite 10
      5. 10 or more

Calculation:

1. Take the median of the subset of months created by the endpoints (For the lower boundary, then step out 0.5 months)
   * + 1. 0.5 months
       2. 2.5 months
       3. 5.5 months
       4. 8.5 months
       5. 10.5 months
     1. Convert to weeks (Note: )
        1. 0.04
        2. 0.17
        3. 0.42
        4. 0.67
        5. 0.92
2. Create vigorous and moderate activity variables

Moderate Activity: 3 <= MET <= 6

Vigorous Activity: MET > 6

1. Sum amount of time engaged in vigorous / moderate / vigorous+moderate activity and convert to minutes