

Major Heading	Older Adult Code	MET60 (2.7 ml/kg/min)	Activity Description
Bicycling	0101060	5.3	Bicycling, stationary, general, moderate effort
Bicycling	0101160	4.3	Bicycling, stationary, 30-50 watts, moderate effort
Bicycling	0101260	6.3	Bicycling, stationary, 90-100 watts, vigorous effort
Bicycling	0101360	7.8	Bicycling, stationary, 101-160 watts, vigorous effort
Bicycling	0101760	4.5	Bicycling, stationary, 51-89 watts, moderate-to-vigorous effort
Conditioning Activities	0202260	3.5	Calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort
Conditioning Activities	0203560	4.5	Circuit training, Parcour-type, moderate effort
Conditioning Activities	0204760	3.0	Elliptical trainer, light effort
Conditioning Activities	0205160	3.0	Resistance (weight) training, squats , light effort
Conditioning Activities	0205360	2.3	Resistance Training, general, light effort
Conditioning Activities	0205460	4.3	Resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance
Conditioning Activities	0206260	5.0	Health club exercise, conditioning classes
Conditioning Activities	0206360	3.8	Health club exercise, conditioning classes, chair-based
Conditioning Activities	0207260	6.5	Rowing, stationary, 50 to 99 watts, moderate-to-vigorous effort
Conditioning Activities	0207360	9.0	Rowing, stationary, 100 to 149 watts, vigorous effort
Conditioning Activities	0211360	3.5	Therapeutic exercise ball, Fitball exercise, chair exercise
Conditioning Activities	0219060	2.5	Yoga, general
Conditioning Activities	0219160	2.8	Yoga, chair, general
Conditioning Activities	0221060	3.8	Tai Chi, general
Conditioning Activities	0221160	2.8	Tai Chi, chair, general
Dancing	0303060	6.0	Ballroom Dance (tango, slow waltz, foxtrot)
Dancing	0303160	6.3	Dance class, General
Dancing	0303260	7.3	Smooth Dance (Mazurka, Viennese Walk, Polka)
Home Activities	0501060	4.3	Cleaning, sweeping carpet or floors, general
Home Activities	0502160	4.3	Cleaning, mopping, standing, Moderate effort
Home Activities	0502260	3.5	Cleaning windows, washing windows, general
Home Activities	0502360	3.0	Cleaning, mopping, standing, light effort
Home Activities	0503260	4.0	Dusting or polishing furniture, general
Home Activities	0504060	4.5	Cleaning, carrying out trash
Home Activities	0504160	2.5	Wash dishes, standing or in general (not broken into stand/walk components)
Home Activities	0504360	4.3	Cleaning, vacuuming, general, moderate effort
Home Activities	0505160	2.8	Cooking, serving food, setting table, implied walking or standing
Home Activities	0505560	3.0	Putting away groceries/dishes (e.g. carrying groceries, storing dishes in cabinet),
Home Activities	0506060	3.8	Food shopping with or without a grocery cart, standing or walking
Home Activities	0507060	2.8	Ironing
Home Activities	0509060	2.0	Laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
Home Activities	0509260	3.5	Laundry, hanging wash, washing clothes by hand, moderate effort
Home Activities	0510060	4.0	Making bed, changing linens

Home Activities	0512060	5.0	Moving furniture, household items, carrying boxes
Home Repair	0612760	4.0	Home repair, general, moderate effort
Inactivity	0701060	1.3	Lying quietly and watching television
Inactivity	0701160	1.3	Lying quietly, doing nothing, lying in bed awake,
Inactivity	0702060	1.3	Sitting quietly and watching television
Inactivity	0702160	1.3	Sitting quietly, general
Inactivity	0704060	1.5	Standing quietly, standing in a line
Lawn and Garden	0805060	4.8	Digging, spading, filling garden, compositing, moderate effort
Lawn and Garden	0805260	7.3	Digging, spading, filling garden, composting, vigorous effort
Lawn and Garden	0806160	4.8	Gardening, building garden bed
Lawn and Garden	0806560	3.0	Gardening, mixing soil
Lawn and Garden	0809160	3.5	Laying mulch
Lawn and Garden	0809560	6.8	Mowing lawn, general
Lawn and Garden	0813560	3.3	Planting, potting, transplanting seedlings or plants, light-moderate effort
Lawn and Garden	0816060	4.0	Raking lawn or leaves, moderate effort
Lawn and Garden	0821060	3.3	Trimming shrubs or trees, manual cutter
Lawn and Garden	0821560	3.8	Trimming shrubs or trees, power cutter, using leaf blower, edge, moderate effort
Lawn and Garden	0822060	5.3	Walking, applying fertilizer
Lawn and Garden	0823060	3.3	Watering lawn or garden, standing or walking
Lawn and Garden	0823960	4.8	Weeding, cultivating garden, light-to-moderate effort
Lawn and Garden	0824660	3.5	Picking fruit off trees, picking fruits/vegetables, moderate effort
Lawn and Garden	0826160	5.0	Yard work, general, moderate effort
Lawn and Garden	0826560	3.8	Gardening, general, moderate effort
Miscellaneous	0901060	1.5	Card playing, sitting
Occupation	1101060	1.5	Typing, electric, manual or computer
Running	1202860	8.5	Running, 3.6 mph (17 min/mile)
Running	1207060	15.8	Running, 7 mph (8.5 min/mile)
Self Care	1302060	3.0	Dressing, undressing, standing or sitting
Self Care	1304060	2.8	Grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
Sports	1528560	4.3	Golf, walking, pulling clubs
Sports	1540060	2.8	Horseback riding, simulated
Sports	1552560	5.3	Pickleball, competitive
Transportation	1606060	4.3	Walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface
Walking	1713360	4.0	Stair climbing, slow pace
Walking	1713460	6.5	Stair climbing, fast pace
Walking	1713560	2.0	Ascending stairs, using cane
Walking	1713660	3.0	Ascending stairs, using standard walker
Walking	1713760	3.3	Ascending stairs, using wheeled walker
Walking	1715160	3.0	Walking, less than 1.0 mph, level, strolling, very slow
Walking	1715260	4.0	Walking, 1.0 to 1.9 mph, level, slow pace, firm surface
Walking	1715360	3.8	Walking, 2.0 mph, level, slow pace, firm surface

Walking	1717060	4.5	Walking, 2.2 to 2.7 mph, level, firm surface
Walking	1719060	5.3	Walking, 2.8 to 3.2 mph, level, moderate pace, firm surface
Walking	1720060	6.0	Walking, 3.3 to 3.7 mph, level, brisk, firm surface, walking for exercise
Walking	1720160	5.5	Walking, brisk pace, general
Walking	1720960	5.0	Walking, 1.5 to 2.0 mph, 2.5 to 5% grade
Walking	1722060	7.3	Walking, 4.0 to 4.2 mph, level, firm surface, very brisk pace
Walking	1723060	9.0	Walking, 4.5 mph, level, firm surface, very, very brisk
Walking	1726260	4.0	Walking, leasurly, self-selected pace, general
Walking	1731060	7.0	Walking, for exercise, with ski poles, Nordic walking,
Walking	1733060	3.5	Walking, with a cane
Walking	1734060	3.5	Walking, with standard walker
Walking	1735060	3.5	Walking, with wheeled Walker
Winter Activities	1916060	5.3	Skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
Winter Activities	1917060	6.8	Skiing, downhill, alpine or snowboarding, vigorous effort, general, active time only
Winter Activities	1925460	8.0	Snow shoveling, by hand, vigorous effort
Video Games	2210060	1.8	Seated, video game, handheld controller (inactive)
Video Games	2220060	2.8	Video game, light effort (Wii Fit, yoga, bowling, etc)
Video Games	2230060	3.5	Active video game, motion sensing game/using upper body (light to moderate effort)
Video Games	2240060	5.5	Active video game, motion sensing game/using total body (moderate effort)
Video Games	2250060	7.8	Active video game, motion sensing game/using total body (moderate to vigorous effort)