

MET Chart

Approximate energy cost of activities — 1 MET is the energy expenditure at rest

NOTE: The MET levels of an activity may be varied by things such as: stress and emotion, environmental conditions, your physical condition.

Self Care	Household	Recreational	Vocational
Level Light (one to three METS)			
sponge bath shave dress/undress groom hair polish shoes	light meals wash dishes set table dusting light sweeping ironing mix batter (majority done while sitting)	walking (2 mph) writing billiards reading TV needlework working (small project) leather punching or lacing link belt assembly rug hooking weaving on table loom copper tooling leather carving or stamping rapid typing chip carving macrame power sanding or sawing playing piano	typing desk work light assemble or machine work occasional lifting (10 pounds maximum) sewing machine
Level: Light to Moderate (three to four METS)			
shower climb stairs slowly wash/set hair driving (with approval of doctor)	wash laundry wash floor with sponge mop light gardening (weeding, planting) ironing vacuuming bed making grocery shopping (10 pound bag)	walking (3 mph) bowling horseshoes slow bicycling golfing with cart fishing (from boat or dock) canoeing slowly archery	light repair work light household tasks carpentry painting small jobs assembly line occasional lifting (20 pounds maximum) bricklaying
Level: Moderate (four to five METS)			
sexual intercourse	heavy gardening (digging and spading) pushing power mower wax floor wash windows moving furniture hanging curtains raking leaves wash car hanging clothes	walking (3.5 mph) golfing (carrying clubs) tennis (doubles) dancing (slow) badminton fly fishing easy swimming bicycling (8 mph) volleyball ping pong	painting (interiors, exteriors) light shoveling mix cement light farming occasional lifting (50 pounds maximum)

Self Care	Household	Recreational	Vocational
Level: Heavy (five to seven METS)			
	splitting wood shoveling snow climbing ladder putting on storm windows	walking (4-5 mph) tennis (singles) softball stream fishing square dancing cross country skiing (2.5 mph) ice or roller skating gymnastics cricket archery	heavy farming heavy industry occasional lifting (50-100 pounds maximum) frequent lifting/carrying (under 50 pounds)
Level: Very Heavy (seven METS and over)			
	sawing hardwoods by hand moving heavy furniture (dolly work) pushing moderate wheelbarrow pushing/pulling hard	jogging (5 mph) football/soccer swimming (laps) rowing basketball waterskiing handball, squash downhill skiing horseback riding canoeing cross country running	heavy construction occasional lifting (100 pounds maximum) frequent lifting/carrying (more than 50 pounds)