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2011 compendium of physical activities tracking guide

Activity	Example	Whether User Energy Cost (kcal/kg/hr) ^a	Altogether Energy Cost (kcal/kg/hr) ^a
Household Activities	Dusting	1.3	2.7
	Mopping	3.5	3.5
	Vacuuming	2.7	3.3
	Rod mending	2.3	3.3
	Dressing/undressing	3.3	2.5
Miscellaneous	Showers	1.9	2.0
	Walking dishes	1.6	1.8
	Cleaning	1.8	2.5
	Grocery shopping	1.9	2.3
Inactivity	Watching TV	1.2	2.0
	Reading	1.1	1.3
	Listening to music	1.1	1.3
	Watching TV	1.1	1.3
	Reading (online, awake)	0.8	1.0
Wheeling/rolling	Flat, firm surface (2 mph)	3.5	2.8
	Flat, firm surface (2 mph)	4.3	3.5
Exercise	Circuit training	2.3	4.3
	Weight training	2.2	3.5
Sports	Basketball (game play)	6.1	8.0
	Basketball (shooting practice)	3.2	4.5
	Baseball	1.8	2.5
	Bowling	1.8	3.0
	Darts	1.6	2.5
	Fencing	7.1	6.0
Table tennis	Table tennis	2.2	4.0
	Tennis	4.1	7.3

^aValues from Harvath et al., 2011

Compendium.^a

Code	Major Heading	Description
01009	Bicycling	Changed the description of activities to "bicycling, mountain, general"
01015	Bicycling	Changed MET level from 8.0 to 7.5
02011	Conditioning exercise	Changed MET level from 3.0 to 3.5; changed the description of activities to read "bicycling, stationary, 30-50 W, very light to light effort"
02012	Conditioning exercise	Changed MET level from 5.5 to 6.8; changed the description of activities to read "bicycling, stationary, 90-100 W, moderate to vigorous effort"
03010	Dancing	Changed MET level from 4.8 to 5.0; changed the description of activities to read "ballet, modern, or jazz, general, rehearsal, or class"
03015	Dancing	Changed MET level from 6.5 to 7.3
04001	Fishing and hunting	Changed MET level from 3.0 to 3.5
04010	Fishing and hunting	Changed MET level from 4.0 to 4.3; added "fishing related" to the description of activities
05100	Home activity	Changed MET level from 2.0 to 3.3; added "changing linens" to the description of activities
05120	Home activity	Changed MET level from 6.0 to 5.8

^a Selected codes and major headings are displayed for example only. The full list of changes is available at the 2011 Compendium Web site (<https://sites.google.com/site/compendiumofphysicalactivities>).

TABLE 1. Example of the 2011 Compendium organizational scheme.^a

Five-Digit Code	MET Intensity	(Major Heading Code) Description	(Specific Activity Code) Description
<i>01008</i>	8.5	01 Bicycling	(008) BMX
02045	3.5	02 Conditioning	(001) Curves™ exercise routines in women
03010	5.0	03 Dancing	(010) Ballet, modern, or jazz

^a Italicized five-digit codes have estimated MET values; the remaining codes are based on measured MET values.



The 2011 compendium of physical activities tracking guide.

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