## **MET Activity Chart**

Patient information	nt information		
Name:	Date of birth:		
Patient number:	Gender:		
Height:	Weight:		
Contact information:			

## MET levels guide

- 1 MET: Resting metabolic rate (RMR) energy expended at rest (approximately 3.5 ml  $O2 \cdot kg - 1 \cdot min - 1$ ).
- 2-3 METs: Light-intensity activities (e.g., slow walking, light household work).
- **3-6 METs:** Moderate-intensity activities (e.g., brisk walking, mowing the lawn).
- **6+ METs:** Vigorous-intensity activities (e.g., jogging, swimming).

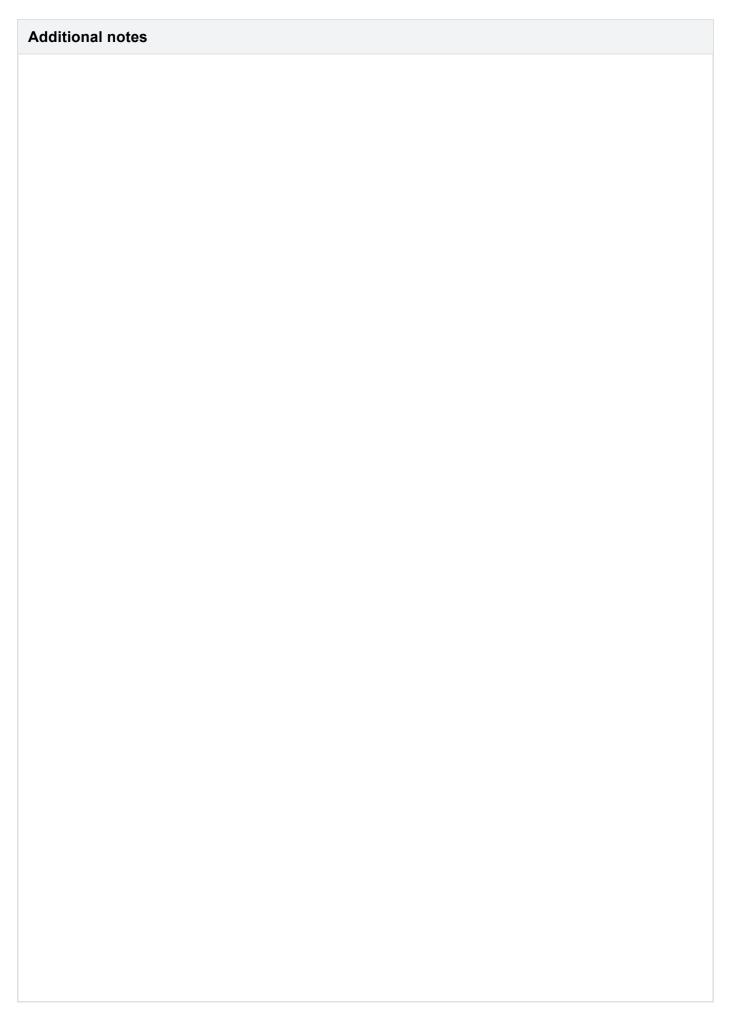
## MET calculation guide

To calculate MET minutes per week, use the following formula for MET values:

- Walking MET-minutes/week = ×3.3 walking minutes × walking days
- Moderate MET-minutes/week = ×4.0 moderate-intensity activity minutes × moderate days
- Vigorous MET-minutes/week = ×8.0 vigorous-intensity activity minutes × vigorous-intensity
- Total PA MET-minutes/week = sum of walking + moderate + vigorous MET-minutes/week scores.

## **MET Activity Chart**

Activity	MET Value	Duration (mins)	Days per week	MET- mins/week



Ashok, P., Kharche, J., Raju, R., & Godbole, G. (2017). Metabolic equivalent task assessment for physical activity in medical students. *National Journal of Physiology, Pharmacy and Pharmacology*, 7(2), 1. <a href="https://doi.org/10.5455/njppp.2017.7.0825604092016">https://doi.org/10.5455/njppp.2017.7.0825604092016</a>