

# MET Activity Chart

## **Additional notes**

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. <https://doi.org/10.5455/njppp.2017.7.0825604092016>