compcode	METS	class	descript	code in exercise compendi um	recreational subcategory
1009	8.5	bicycling	bicycling, BMX or mountain	1 1	3
1010	4	transportation	Biking	1 0)
1015			bicycling, general	1 1	3
1016	7	bicycling	recumbant bicycling	0 1	2
2010	7	conditioning exercise	bicycling, stationary, general (e.g., Lifecycle)	1 1	2
2016	12.5	conditioning exercise	spinning	0 1	2
2017		conditioning exercise	Fixed Gear	0 1	3
2020	8	conditioning exercise	calisthenics (e.g. pushups, situps, pullups, jumping jacks, leg lifts, Ab roller)	1 1	4
2021		conditioning exercise	Resist-a-Ball	0 1	4
2022		conditioning exercise	Butt and Gutt, Lower Body Blast (combination of abdominals and lower body exercises)	0 1	4
2030	3.5	conditioning exercise	calisthenics, home exercise, light or moderate effort, general (example:back exercises), g	1 1	4
2040	8	conditioning exercise	circuit training, including some aerobic movement with minimal rest, general, Cardio Circu		2
2060	5.5	conditioning exercise	health club exercise (e.g., exercise machine), general	1 1	2
2065	9	conditioning exercise	stair-treadmill ergometer, general (e.g., Stairmaster, Step Machine, Cardia fit machine)	1 1	2
2070	7	conditioning exercise	rowing, stationary ergometer, general	1 1	2
2080		conditioning exercise	ski machine, general (e.g., Nordictract)	1 1	
2081		conditioning exercise	elliptical trainer	0 1	2
2082		conditioning exercise	climbing wall	0 1	
2090	6	conditioning exercise	slimnastics, jazzercise	1 1	1
2091		conditioning exercise	Boot camp (aerobics class), Basic Training	0 1	1
2092	7	conditioning exercise	Variety Pack, Cardiomix, Step and Tone, aerobics class that combines step, kickboxing, a	0 1	1
2100	2.5	conditioning exercise	stretching, hatha yoga	1 1	-•
2101	2.5	conditioning exercise	mild stretching	1 1	20
2102	2.5	conditioning exercise	yoga, general	0 1	20
2103	3.5	conditioning exercise	Pilates, Powerlates, Yogilates	0 1	
2104	2.5	conditioning exercise	prenatal yoga	0 1	
2105		conditioning exercise	Ashtanga yoga	0 1	
2106		conditioning exercise	Kundalini yoga	0 1	
2107		conditioning exercise	Kali Ray Tri yoga	0 1	20
2108		conditioning exercise	Gyrokinesis	0 1	20
2110	6	conditioning exercise	teaching aerobic exercise class	1 1	1
2111	5.3	conditioning exercise	fitness/personal trainer	0 0)
2120	4	conditioning exercise	water aerobics, water calisthenics	1 1	14
2130	3	conditioning exercise	weight lifting (free, nautilus or universal-type), general	1 1	18
2131	7	conditioning exercise	toning aerobics class, muscle pump class (group weight lifting class), Bodysculpting	0 1	2
2132		conditioning exercise	toning aerobics and stretching class	0 1	1
2140		conditioning exercise	prenatal exercise classes (e.g., Pregnancy Plus)	0 1	1
2141		conditioning exercise	working out, general exercise	0 1	2
3010		dancing	ballet or modern, twist, jazz, tap, jitterbug	1 1	6
3011		dancing	hip hop dancing, funk	0 1	6
3012		dancing	Capoeira	0 1	

9.18 9.2 denoting isperatokis step 0 1 1 3019 4 denoting aerobic, hok impact 1 1 1 3020 6 idenoting aerobic, hok impact 1 1 1 1 3021 7 idenoting Selarobic, Carolico Salas 0 1 1 3022 7 idenoting Mixed Martial Arts 0 1 1 1 6 3025 4.5 idenoting Affician Gance 0 1 1 6 3026 6.6 idenoting Affician Gance 0 1 6 3030 6.5 idenoting baltroom, fast idenoting 1 0 3032 4.5 idenoting baltroom, fast idenoting 1 0 3040 3 ifshing and huming 1 0 <t< th=""><th>3015</th><th>6.5 dancing</th><th>aerobic, general</th><th>1</th><th>1 1</th></t<>	3015	6.5 dancing	aerobic, general	1	1 1
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50422.5home activitieswash dishes; clearing dishes from table – walking1050433.5home activitiesvacuuming1050443.5home activitiesshampoo carpets/use wet vac0050462.5home activitiesrecycling, taking out recycling0050472.3home activitiesloading/unloading dishwasher0050483.8home activitieswashing furniture0050502home activitiescooking or food preparation - standing or sitting or in general (not broken into stand/walk c1050512.5home activitiescooking or food preparation - standing or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesfeeding animals1050567.5home activitiescarrying groceries (e.g. carrying groceries, shopping without a grocery cart), carrying105058home activitiescarrying groceries downstairs0005059home activitiescarrying groceries up and down stairs00050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5041	2.3 home activities		1	0
50433.5home activitiesvacuuming1050443.5home activitiesshampoo carpets/use wet vac0050462.5home activitiesrecycling, taking out recycling0050472.3home activitiesloading/unloading dishwasher0050483.8home activitieswashing furniture0050502home activitiescooking or food preparation - standing or sitting or in general (not broken into stand/walk c1050512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying105058home activitiescarrying groceries downstairs0005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5042	2.5 home activities		1	0
50462.5home activitiesrecycling, taking out recycling0050472.3home activitiesloading/unloading dishwasher0050483.8home activitieswashing furniture0050502home activitiescooking or food preparation - standing or sitting or in general (not broken into stand/walk c1050512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5043	3.5 home activities	vacuuming	1	0
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50472.3home activitiesloading/unloading dishwasher0050483.8home activitieswashing furniture0050502home activitiescooking or food preparation - standing or sitting or in general (not broken into stand/walk c1050512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries upstairs105059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5046	2.5 home activities		0	0
50483.8home activitieswashing furniture0050502home activitiescooking or food preparation - standing or sitting or in general (not broken into stand/walk c1050512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesfeeding animals1050567.5home activitiescarrying groceries (e.g. carrying groceries, shopping without a grocery cart), carrying105058home activitiescarrying groceries downstairs0005059home activitiescarrying groceries up and down stairs00050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5047	2.3 home activities		0	0
50512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries upstairs105058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5048	3.8 home activities	washing furniture	0	0
50512.5home activitiesserving food, setting table - implied walking or standing1050522.5home activitiescooking or food preparation - walking1050532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries upstairs105058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10	5050	2 home activities	cooking or food preparation - standing or sitting or in general (not broken into stand/walk d	1	0
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50532.5home activitiesfeeding animals1050552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries upstairs105058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10		2.5 home activities		1	0
50552.5home activitiesputting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying1050567.5home activitiescarrying groceries upstairs105058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10		2.5 home activities	v 11 v	1	0
50567.5home activitiescarrying groceries upstairs105058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10				1	
5058home activitiescarrying groceries downstairs005059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10		7.5 home activities		1	0
5059home activitiescarrying groceries up and down stairs0050602.3home activitiesfood shopping with or without a grocery cart, standing or walking10				0	0
5060 2.3 home activities food shopping with or without a grocery cart, standing or walking 1 0					0
		2.3 home activities		1	0
•••••••••••••••••••••••••••••••••••••••	5065	2.3 home activities	non-food shopping, standing or walking	1	0

5066	2.3	home activities	walking shopping (non-grocery shopping)	0	0	
5070		home activities	ironing	1	0	
5090		home activities	laundry (no lifting), fold or hang clothes, put clothes in washer or dryer, packing suitcase	1	0	
5095		home activities	putting away clothes, gathering clothes to pack, putting away laundry	1	0	
5097		home activities	laundry (lifting involved)	0	0	
5100		home activities	making bed	1	0	
5101		home activities	hanging curtains/drapes	0	0	
5102		home activities	laying shelf paper	0	0	
5120		home activities	moving furniture, household items, carrying boxes	1	0	
5121		home activities	moving furniture, household items, carrying boxes, downstairs	0	0	
5122	6	home activities	moving furniture, household items, carrying boxes up and down stairs	0	0	
5130		home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub	1	0	
5131		home activities	scrubbing, general	1	0	
5140		home activities	sweeping garage, sidewalk or outside of house	1	0	
5145		home activities	moving household items, carrying boxes	1	0	
5146	3.5	home activities	packing/unpacking boxes, occasional lifting of household items	1	0	
5147		home activities	putting away household items	1	0	
5148		home activities	watering plants	1	0	
5150		home activities	moving household items upstairs, carrying boxes or furniture	1	0	
5160		home activities	standing; light (pump gas, change light bulb,etc.)	1	0	
5165		home activities	walking; light, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)	1	0	
5170		home activities	sitting; playing with children - light, only active periods	1	0	10
5171		home activities	standing - playing with children - light, only active periods	1	0	10
5172		home activities	playing with child(ren), general	0	0	10
5175	-	home activities	walk/run; playing with children - moderate, only active periods	1	0	10
5176		home activities	walk/run; playing with child(ren), general	0	0	10
5180		home activities	walk/run; playing with children - vigorous, only active periods	1	0	10
5181		home activities	carrying small children, level ground/downstairs, general	1	0	
5182		home activities	carrying small children, upstairs	0	0	
5183		home activities	carrying small children, up and down stairs	0	0	
5185		home activities	child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child	1	0	
5186		home activities	child care: dressing, bathing, grooming, feeding, occasional lifting of child (include babysi	1	0	
5187		home activities	elder care, disabled adult	1	0	
5195	3.5	home activities	standing - bathing dog	1	0	
5196		home activities	playing with animals, general	0	0	
5197		home activities	walk/run, playing with animals	0	0	
5198	2.5	home activities	grooming cat	0	0	
5200	8.5	home activities	lifting teen/adult	0	0	
5201		home activities	carrying teen/adult, downstairs, general	0	0	
5202	4	home activities	turning/rotating bed ridden teen/adult	0	0	
5203		home activities	grooming, bathing, dressing disabled teen/adult	0	0	
5204		home activities	turning/rotating bed ridden child	0	0	
5205		home activities	grooming, bathing, dressing disabled child	0	0	
5206		home activities	carrying adult/teen upstairs	0	0	
l			PIN3 Physical Activity: 8/2/2007: Page 3			

5207	home activities	carrying adult/teen up and down stairs	0	0
5208	home activities	carrying adult/teen with assistance, downstairs, general	0	0
5209	home activities	carrying adult/teen with assistance upstairs	0	0
5210	home activities	carrying adult/teen with assistance up and down stairs	0	0
5220	2.8 home activities	lifting, infant	0	0
5221	3 home activities	lifting, child	0	0
5222	4 home activities	lifting, general	0	0
5223	0 home activities	lifting and carrying, general	0	0
5230	4 home activities	running/chasing after child(ren)	0	0
6020	4 home repair	automobile body work	1	0
6030	3 home repair	automobile repair	1	0
6040	3 home repair	carpentry, general, workshop	1	0
6050	6 home repair	carpentry, outside house, installing rain gutters, building a fence	1	0
6060	4.5 home repair	carpentry, finishing or refinishing cabinets or furniture	1	0
6065	3 home repair	putting together furniture	0	0
6070	7.5 home repair	carpentry, sawing hardwood	1	0
6090	4.5 home repair	caulking	1	0
6100	5 home repair	cleaning gutters	1	0
6110	5 home repair	excavating garage	1	0
6120	5 home repair	hanging storm windows	1	0
6130	4.5 home repair	laying or removing carpet	1	0
6140	4.5 home repair	laying tile or linoleum, repairing appliances	1	0
6150	5 home repair	painting, outside home	1	0
6160	3 home repair	painting (inside), papering, plastering, scraping, inside house, hanging sheet rock, remode	1	0
6180	6 home repair	roofing	1	0
6190	4.5 home repair	sanding floors with a power sander	1	0
6210	5 home repair	spreading dirt with a shovel	1	0
6220	4.5 home repair	washing and/or waxing hull of sailboat, car, powerboat, airplane	1	0
6230	4.5 home repair	washing fence, painting fence	1	0
6235	4.5 home repair	washing outdoor furniture	0	0
6240	3 home repair	wiring, plumbing	1	0
6241	2.5 home repair	install ceiling fan	0	0
7010	1 inactivity, quiet	lying quietly and watching television	1	0
7020	1 inactivity, quiet	sitting quietly and watching television	1	0
7020	0.9 inactivity, quiet	sleeping	1	0
7000	2 inactivity	standing, general	0	0
8010	5 lawn and garden	carrying, loading or stacking wood, loading/unloading or carrying lumber	1	0
8020	6 lawn and garden	chopping wood, splitting logs	1	0
8030	5 lawn and garden	clearing land, hauling branches, wheelbarrow chores	1	0
8040	5 lawn and garden	digging sandbox	1	0
8050	5 lawn and garden	digging sandbox digging, spading, filling garden, composting	1	0
8060	6 lawn and garden	gardening with heavy power tools, tilling a garden, chain saw	1	0
8080	5 lawn and garden	laying crushed rock	1	0
8090	5 lawn and garden	laying sod	1	0
0030	Shawn and garden	PIN3 Physical Activity: 8/2/2007: Page 4	<u> </u>	<u> </u>

				· · · · · ·	
8095	5.5 lawn and garden	mowing lawn, general	1	0	
8100	2.5 lawn and garden	mowing lawn, riding mower	1	0	
8110	6 lawn and garden	mowing lawn, walk, hand mower	1	0	
8120	5.5 lawn and garden	mowing lawn, walk, power mower	1	0	
8125	4.5 lawn and garden	mowing lawn, power mower	1	0	
8130	4.5 lawn and garden	operating snow blower, walking	1	0	
8131	3.5 lawn and garden	operating leaf blower	0	0	
8140	4.5 lawn and garden	planting seedlings, shrubs	1	0	
8145	4.5 lawn and garden	planting, general	0	0	
8150	4.5 lawn and garden	planting trees	1	0	
8160	4.3 lawn and garden	raking lawn	1	0	
8190	4 lawn and garden	sacking grass, leaves	1	0	
8200	6 lawn and garden	shoveling snow, by hand	1	0	
8205	3.5 lawn and garden	sorting items for garage sale	5	0	
8210	4.5 lawn and garden	trimming shrubs or trees, manual cutter	1	0	
8211	4 lawn and garden	trimming shrubs or trees, general, pruning	0	0	
8215	3.5 lawn and garden	trimming shrubs or trees, power cutter, using leaf blower, edger	1	0	
8220	2.5 lawn and garden	walking, applying fertilizer or seeding a lawn	1	0	
8230	1.5 lawn and garden	watering lawn or garden, standing or walking	1	0	
8240	4.5 lawn and garden	weeding, cultivating garden	1	0	
8245	4 lawn and garden	gardening, general	1	0	
8246	3 lawn and garden	picking fruit off trees, picking fruits	1	0	
8250	3 lawn and garden	implied walking/standing - picking up yard, picking flowers or vegetables	1	0	
8251	3 lawn and garden	walking, gathering gardening tools	1	0	
8255	5 lawn and garden	yard work, general	0	0	
8256	4 lawn and garden	landscaping, general	0	0	
9010	1.5 miscellaneous	card playing, playing board games	1	0	
9020	2.3 miscellaneous	standing; drawing (writing), casino gambling, duplicating machine	1	0	
9040	1.8 miscellaneous	sitting; writing, desk work, typing	1	0	
9076	miscellaneous	arts and crafts while sitting, general	0	0	
9086	miscellaneous	arts and crafts while standing, general	0	0	
9087	1.7 miscellaneous	arts and crafts, general	0	0	
9100	1.5 miscellaneous	retreat/family reunion/party activities (e.g., sitting, relaxing, talking, eating, playing games)	1	0	
9105	2 miscellaneous	touring/traveling/vacation involving walking and riding	1	0	
9106	3.5 miscellaneous	running errands	0	0	
9107	2.7 miscellaneous	pulling/pushing, general	0	0	
9108	2.3 miscellaneous	walking/standing at amusement park	1	1	16
9110	2.5 miscellaneous	camping involving standing, walking, sitting, light-to-moderate effort	1	0	
9200	3.5 miscellaneous	self defense training	0	0	
9201	miscellaneous	twisting from side to side	0	0	
9202	3.5 miscellaneous	transition between standing and sitting, getting up from seated position, sitting down	0	0	
9203	4 miscellaneous	crawling, general	0	0	
9204	2.5 miscellaneous	bending down, bending over	0	0	
9205	2.5 miscellaneous	squatting, general	0	0	
0200		PIN3 Physical Activity: 8/2/2007: Page 5	v	5	

9206		miscellaneous	leaning, general	0	0
9210		miscellaneous	getting up in the morning	0	0
9211		miscellaneous	showering	0	0
9212		miscellaneous	getting up from bending/squatting position	0	0
9213		miscellaneous	climbing, general	0	0
9214		miscellaneous	getting in and out of bathtub	0	0
9216		miscellaneous	bouncing, general	0	0
9217		miscellaneous	jumping, jumping up and down	0	0
9218		miscellaneous	cheering at sporting event	0	0
9220		miscellaneous	swinging on swing	0	0
9220	-	miscellaneous	pushing swing	0	0
9221		miscellaneous	going to child's gym class	0	0
9223		miscellaneous	filling up pool	0	0
9223		miscellaneous		0	0
		miscellaneous	hollering/yelling		
9225			pushing wheelchair and lifting person from chair	0	0
9226		miscellaneous	discipling/punishing children	0	0
9227		miscellaneous	playing in snow	0	0
9228		miscellaneous	scraping ice off car	0	0
9230		miscellaneous	cleaning horse stall	0	0
9235		miscellaneous	installing car seats	0	0
9236		miscellaneous	putting baby/child(ren) in the car	0	0
9240		miscellaneous	decorating, general- inside	0	0
9241		miscellaneous	decorating, general- outside	0	0
9242		miscellaneous	preparing for party	0	0
9243		miscellaneous	going to karaoke club	0	0
9244		miscellaneous	getting ready for company	0	0
9245		miscellaneous	hosting party	0	0
9300	2.5	miscellaneous	birthing class, Lamaze	0	0
9305		miscellaneous	CPR	0	0
10000	1	miscellaneous	laughing	0	0
10010	1.8	music playing	accordion	1	0
10020	2	music playing	cello	1	0
10021		music playing	upright bass	0	0
10030	2.5	music playing	conducting	1	0
10040	4	music playing	drums	1	0
10050		music playing	flute (sitting)	1	0
10060		music playing	horn	1	0
10070		music playing	piano or organ	1	0
10080		music playing	trombone	1	0
10090		music playing	trumpet	1	0
10091		music playing	cornet	0	0
10092		music playing	French horn	0	0
10032		music playing	tuba	0	0
10100		music playing	violin/viola	1	0
10100	2.0		PIN3 Physical Activity: 8/2/2007: Page 6	I I	U

10110	2 music playing	woodwind	1 0
10120	2 music playing	guitar, classical, folk (sitting)	1 0
10120	music playing	hammered dulcimer	0 0
10121	music playing	harmonica	
10122	3 music playing	guitar, rock and roll band (standing)	
10126	music playing	guitar, rook and ron band (standing)	
10120	4 music playing	marching band, playing an instrument, baton twirling (walking)	
10135	3.5 music playing	marching band, drum major (walking)	
10130	1.8 music playing	singing, general	
10140	2 music playing	singing, choir	
10142	3 music playing	singing, band (rock and roll, blues, jazz, etc.)	
10142	3 music playing	karaoke	
11000	3 occupation	adjusting people's backs	
11000	3 occupation	automobile body work	
11001	2.5 occupation	assembling tent	
11003	4 occupation	bakery, general	
11010	2.3 occupation		
11017	2.3 occupation	cooking or food preparation (e.g., caterer, chef, line cook) bookbinding	
11020	6 occupation		
		building road (including hauling debris, driving heavy machinery)	
11035	2 occupation	building road, directing traffic (standing)	
11040	3.5 occupation	carpentry, general	1 0
11045	4.5 occupation	laying carpet	0 0
11051	4 occupation	carrying loads/objects while walking, standing, walking downstairs, general	0 0
11061	8 occupation	carrying loads/objects up stairs, moving boxes	0 0
11062	6 occupation	carrying loads/objects up and down stairs	0 0
11063	8 occupation	carrying teens/adults, walking downstairs, general	0 0
11064	occupation	carrying teens/adults, upstairs	0 0
11065	occupation	carrying teens/adults up and down stairs	0 0
11066	occupation	carrying teens/adults with assistance, walking downstairs, general	0 0
11067	occupation	carrying teens/adults with assistance, upstairs	0 0
11068	occupation	carrying teens/adults with assistance, up and down stairs	0 0
11070	2.5 occupation	chambermaid, making bed (nursing)	1 0
11120	5.5 occupation	construction, outside, remodeling	1 0
11121	3 occupation	buffing the floor with electric buffer	1 0
11122	2.5 occupation	cleaning sink and toilet	1 0
11123	2.5 occupation	dusting	1 0
11125	3.5 occupation	general cleaning	1 0
11126	3.5 occupation	mopping	1 0
11127	3 occupation	take out trash	1 0
11130	3.5 occupation	electrical work, plumbing	1 0
11131	3 occupation	vacuuming	0 0
11132	3.3 occupation	sweeping	0 0
11133	2 occupation	laundry	0 0
11134	3.8 occupation	scrubbing, general PIN3 Physical Activity: 8/2/2007: Page 7	0 0

11135	2.5	occupation	drill sergeant	0	0
11136		occupation	military physical training	0	0
11140		occupation	farming, baling hay, cleaning barn, poultry work	1	0
11150		occupation	farming, chasing cattle, non-strenuous (walking)	1	0
11151		occupation	farming, chasing cattle or other livestock on horseback	1	0
11152		occupation	farming, chasing cattle or other livestock, driving	1	0
11160		occupation	farming, driving harvester, cutting hay, irrigation work	1	0
11170		occupation	farming, driving tractor	1	0
11180		occupation	farming, feeding small animals	1	0
11190		occupation	farming, feeding cattle, horses	1	0
11191		occupation	farming, hauling water for animals, general hauling water	1	0
11192		occupation	farming, taking care of animals (grooming, brushing, shearing sheep, assisting with birthin	1	0
11200		occupation	farming, forking straw bales, cleaning corral or barn	1	0
11201		occupation	cleaning animal cages	0	0
11210		occupation	farming, milking by hand	1	0
11220		occupation	farming, milking by machine	1	0
11230		occupation	farming, shoveling grain	1	0
11231		occupation	yard work	0	0
11235		occupation	fitness/personal trainer	0	0
11236		occupation	roller blading (in-line skating)	0	0
11240		occupation	fire fighter, general	1	0
11245		occupation	fire fighter, climbing ladder with full gear	1	0
11246		occupation	fire fighter, hauling hoses on ground	1	0
11280		occupation	forestry, carrying logs	1	0
11290		occupation	forestry, felling trees	1	0
11300		occupation	forestry, general	1	0
11310		occupation	forestry, hoeing	1	0
11320		occupation	forestry, planting by hand	1	0
11330		occupation	forestry, sawing by hand	1	0
11340		occupation	forestry, sawing, power	1	0
11350		occupation	forestry, trimming trees	1	0
11360		occupation	forestry, weeding	1	0
11380		occupation	horse grooming	1	0
11420		occupation	locksmith	1	0
11430		occupation	machine tooling, machining, working sheet metal	1	0
11440		occupation	machine tooling, operating lathe	1	0
11450		occupation	machine tooling, operating punch press	1	0
11460		occupation	machine tooling, tapping and drilling	1	0
11470		occupation	machine tooling, welding	1	0
11480		occupation	masonry, concrete	1	0
11485		occupation	masseur, masseuse (standing)	1	0
11486		occupation	manual therapy (with patients)	0	0
11490		occupation	moving, pushing heavy objects (desks, moving van work)	1	0
11490		occupation	moving, general	0	0
	5		PIN3 Physical Activity: 8/2/2007: Page 8	Ű,	-

11433 2.5 Scoupstion shifting torns, roorganizing 0 0 11500 2.5 Scoupstion opclied, directing traffic (standing) 1 0 11525 2.5 Scoupstion police, directing traffic (standing) 1 0 11526 2.5 Scoupstion shoe repair, general 1 0 11540 2.5 Scoupstion shoe repair, general 1 0 11540 5 Scoupstion shtting, mealing, general (chanistry lab work, light use of hand tools, watch repair 1 0 11580 1.5 Scoupstion shtting, mealing, and/or taking involved, eating at a buaness meating or yoga 1 0 11600 2.5 Scoupstion standing, (harve lovers, ride and/or taking, stocking, auto repair, back boxes for mor 1 0 11601 Scoupstion standing, (assemble/repair heavy parts, welding, stocking, auto repair, pack boxes for mor 1 0 11612 Scoupstion standing, (assemble/repair heavy, scoupational therapy, stc.) 0 0 11611 Scoupstion stacking items, general 0 <	11492	2.7 occupation	pulling and/or pushing, general	0	0
111500 2.5 Secupation police, meaking ratific (standing) 1 0 111528 4 deccupation police, meaking ratific (standing) 1 0 111528 2.5 deccupation showling, digping ditches 1 0 111530 2.5 deccupation showling, digping ditches 1 0 111586 1.5 deccupation sitting, meatings, general, and/or taking involved, eating at a bursiess meating 1 0 111590 2.5 decupation sitting, meatings, general, and/or taking involved, eating at a bursiess meating 0 0 111690 2.5 decupation sitting, meating, description, it discription, policy, park, boxes for mo 1 0 111611 deccupation telendong, description, policy, and transing, description, description, descripting, descripting, description, descupatinon 0					
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11740 2 occupation tailoring, hand sewing 1 0				1	
				1	
	11750	2.5 occupation	tailoring, machine sewing	1	0

11760	4	occupation	tailoring, pressing	1	0
11765		occupation	tailoring, weaving	1	0
11766		occupation	truck driving, loading and unloading truck (standing)	1	0
11780		occupation	using heavy power tools such as pneumatic tools (jackhammers, drills, etc.)	1	0
11790		occupation	using heavy tools (not power) such as shovel, pick, tunnel bar, spade	1	0
11794		occupation	walking on job, not carrying anything, level ground/downstairs, general	0	0
11796		occupation	walking, gathering things at work, ready to leave	1	0
11797		occupation	walking, upstairs, not carrying anything	0	0
11798		occupation	walking, up and down stairs, not carrying anything	0	0
11799		occupation	climbing, general	0	0
11801		occupation	running up flight of stairs	0	0
11803		occupation	pushing stroller	0	0
11804		occupation	pushing stroller while carrying baby (e.g, in snugli)	0	0
11805		occupation	walking, pushing a wheelchair	1	0
11806		occupation	running on job, general	0	0
11807		occupation	biking on job, general	0	0
11808		occupation	leaning, general	0	0
11809		occupation	shopping, general	0	0
11860		occupation	waitressing, serving food, general	0	0
11861		occupation	busing tables, clearing tables	0	0
11862		occupation	dishwashing	0	0
11870		occupation	working in scene shop, theater actor, backstage employee	1	0
11874		occupation	twirling baton	0	0
11875		occupation	teach physical education, exercise, sports classes	1	0
11876		occupation	dancing, general	1	0
11877		occupation	teach dance (ballet, jazz, modern, tap)	1	0
11878		occupation	teach dance (ballroom, swing, disco)	0	0
11879		occupation	jumping jacks	0	0
11880		occupation	playing with children	0	0
11881		occupation	caring for children (e.g., bathing, dressing, feeding)	0	0
11882		occupation	carrying children, level ground/downstairs, general	0	0
11883		occupation	carrying children, upstairs	0	0
11884		occupation	carrying children up and down stairs	0	0
11885		occupation	carrying infants, level ground/downstairs, general	0	0
11886		occupation	carrying infants, upstairs	0	0
11887		occupation	carrying infants up and down stairs	0	0
11888		occupation	pushing swing	0	0
11889		occupation	leading field trip	0	0
11890		occupation	caring for disabled teen/adult (e.g., bathing, dressing, feeding)	0	0
11890		occupation	caring for disabled child(ren) (e.g., bathing, dressing, feeding)	0	0
11892		occupation	restraining child/adult	0	0
11893		occupation	transferring patients	0	0
11893		occupation	CPR	0	0
11900		occupation	lifeguard	0	0
11300	2.1	00000000000	PINI3 Physical Activity: 8/2/2007: Page 10	U	5

119016 occupationswimming, no laps0011902occupationswimming, with laps00119034 occupationplaying volleyball00119047 occupationbicycling, stationary, general (e.g., Lifecycle)00119054 occupationaqua aerobics, water aerobics00119063 occupationweight lifting (free, nautilus or universal-type), general00119077 occupationsoccer, general00119087 occupationkickball00119103 occupationdressing adults00119112.5 occupationblowdrying hair00119223 occupationoccupation lerapy00119233 occupationaqua therapy00119243 occupationaqua therapy00119350.5 occupationaqua therapy00119350 occupationtalking, general00119350 occupationcarrying with assistance or helping to carry, level ground or downstairs, general0011951occupationcarrying with assistance or helping to carry, upstairs00	
119034occupationplaying volleyball00119047occupationbicycling, stationary, general (e.g., Lifecycle)00119054occupationaqua aerobics, water aerobics00119063occupationweight lifting (free, nautilus or universal-type), general00119077occupationsoccer, general00119087occupationkickball00119103occupationdressing adults00119112.5occupationblowdrying hair00119205.2occupationphysical therapy00119213occupationaqua therapy00119223occupationaqua therapy00119300occupationtalking, general00119352.5occupationsearching people w/ hand held metal detector0011950occupationcarrying with assistance or helping to carry, level ground or downstairs, general00	
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119352.5occupationsearching people w/ hand held metal detector0011950occupationcarrying with assistance or helping to carry, level ground or downstairs, general00	
119352.5occupationsearching people w/ hand held metal detector0011950occupationcarrying with assistance or helping to carry, level ground or downstairs, general00	
11951 occupation carrying with assistance or helping to carry, upstairs 0 0	
11952 occupation carrying with assistance or helping to carry, up and down stairs 0 0	
12010 6 running jog/walk combination 1 1	13
12020 7 running jogging, general 1 1	13
12025 8 running jogging, in place 1 1	13
12027 4.5 running jogging on a mini-tramp 1	15
12135 7 running jogging with stroller 0 1	13
12140 9 running running, cross country 1 1	13
12150 8 running running, general 1 1	13
12160 running running, in place 1 1	13
12170 15 running running, stairs, up 1 1	13
12180 10 running running, on a track, team practice 1 1	13
12190 8 running running, training, pushing a wheelchair 1 1	13
12191 8 running running while pushing stroller, running with stroller 0 1	13
12195 9 running vhile carrying items 1 1	13
12196 9 running running while carrying child 0 1	13
13000 self care getting ready for bed, in general 1 0	
13010 self care sitting in bathtub, taking a bath 1 0	
13020 2 self care dressing, undressing 1 0	
13030 1.5 self care eating 1 0	
13040 self care grooming (washing, shaving, brushing teeth, urinating, washing hands, putting on make-u 1 0	
13045 2.5 self care hairstyling 1 0	
13050 2 self care showering, toweling off 1 0	
14020 1.3 sexual activity general 1 0	
15010 3.5 sports archery (non-hunting) 1 1	
15030 4.5 sports badminton, general 1 1	9
15040 8 sports basketball, game 1 1	9
15050 6 sports basketball, general 1 1	

15060 7 sports basketball, ibooing baskets 1 1 15076 6.5 sports basketball, ibooing baskets 1 1 9 15080 2.5 sports buillards 1 1 9 15080 3 sports bowing 1 1 9 15130 7 sports bowing punching bag 1 1 1 15130 7 sports broomball 1	15051	6 sports	basketball, playing with children	0	1	9
14.5 Sports basketball, wheelna'r 1 1 15076 5.5 Sports billiards 1 1 9 15080 2.5 Sports billiards 1 1 9 15090 3 Sports biwing, punching bag 1 1 9 15130 5 Sports broomball 1 1 1 1 15130 5 Sports children's games (hopsortch, 4-square, dodge ball, playground apparatus, t-ball, tetherbail 1				1		
15075 6.5 sports baskebal, wheelchair 1 1 9 15080 2.5 sports bowing 1 1 1 15090 3 sports bowing 1 1 1 1 15130 7 sports bowing, purching bag 1 1 1 1 15130 7 sports broanball broanball 1				1	1	
15080 2.5 [sports buillards 1 1 15090 3 [sports boxing, punching bag 1 1 15110 6 [sports boxing, punching bag 1 1 15130 7 [sports broomball coaching: tootball, soccer, baskeball, baseball, swimming, etc. 1 1 1 15140 4 [sports coaching: tootball, soccer, baskeball, baseball, swimming, etc. 1 1 1 1 15150 5 [sports cricket (batting, tooldall, soccer, baskeball, baseball, swimming, etc. 1				1	1	9
161900 3 sports bowing 1 1 1 1 1 15110 6 sports broomball 1 1 1 15130 7 sports broomball 1 1 1 15130 7 sports children's games (hopsocich, 4-square, dodge ball, playground apparatus, i-ball, tetherba 1 1 1 15160 5 sports cricket (batting, lootall, soccer, baskeball, baseball, swimming, etc. 1 </td <td></td> <td></td> <td></td> <td>1</td> <td>1</td> <td></td>				1	1	
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If 130 7 sports bromball 1 1 15135 5 sports children's games (hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetheba 1 1 15140 4 sports cricker (batting, bowling) 1 1 1 15150 5 sports cricker (batting, bowling) 1 1 9 15160 2.5 sports carquet 1 1 9 15170 4 sports curling 1 1 9 15180 2.5 sports darts, wall or lawn 1 1 1 9 15200 6 sports fencing 1 1 1 9 15235 2.5 sports football, touch, flag, general 1 1 1 9 15236 8 sports frisbee, playing, general 1				1	1	
15140 4 sports coaching: football, soccer, basketball, baseball, swimming, etc. 1 1 15150 5 sports cricket (batting, bowling) 1 1 9 15160 2.5 sports croquet 1 1 9 15170 4 sports curing 1 1 9 15180 2.5 sports curing 1 1 9 15200 6 sports forball, louch, flag, general 1 1 9 15235 2.5 sports football or baseball, playing catch 1 1 9 15236 8 sports frobtall, ouch, flag, general 0 1 9 15236 8 sports frisbee glying, general 1 1 9 15250 8 sports frisbee glying, general 1 1 7 15250 8 sports golf, general 1 1 7 15250 8 sports golf, carrying clubs 1 1 7 15260 sports golf, minitaure, driving range 1 1 1 7 <				1	1	
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15150 5 sports cricket (batting, bowling) 1 1 1 1 15150 2.5 sports croquet 1 1 1 1 15160 2.5 sports chring 1 1 1 1 1 15170 4 sports chring 1 <td< td=""><td></td><td></td><td></td><td>1</td><td>1</td><td></td></td<>				1	1	
15160 2.5 sports croquet 1				1	1	9
15170 4 sports curling 1 1 1 1 1 15180 2.5 sports darts, wall or lawn 1 1 1 1 15200 6 sports fencing 1 1 9 15232 8 sports football, touch, flag, general 1 1 9 15236 sports throwing ball, playing catch (general) 0 1 1 9 15236 sports frisbee, playing, general 1 1 9 1 1 9 15253 sports frisbee, playing, general 1 1 1 9 15253 sports golf, general 1 1 1 7 15253 sports golf, miniature, driving rage 1 1 1 7 15260 sports golf, pulling clubs 1 1 7 7 15300 4 sports cheerleading 0 1 1 7 15320 <td></td> <td></td> <td></td> <td>1</td> <td>1</td> <td>9</td>				1	1	9
15180 2.5 sports darts, wall or lawn 1 1 15200 6 sports lencing 1 1 9 15230 8 sports lencing 1 1 9 15235 2.5 sports football, touch, flag, general 1 1 9 15236 sports throwing ball, playing catch (general) 0 1 9 15240 3 sports frisbee playing, general 1 1 9 15250 8 sports frisbee, ultimate 0 1 9 15255 4.5 sports golf, general 0 1 1 7 15250 8 ports golf, general 1 1 7 1 1 7 15250 9 sports golf, general 1 1 7 1 1 7 15250 sports golf, general 1 1 7 1 1 7 15260 sports golf, pulling clubs 1 1 7 1 1 7 15270 3 spor				1	1	9
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15236 2.5 sports football or baseball, playing catch (general) 1 1 9 15236 sports throwing ball, playing catch (general) 0 1 9 15240 3 sports frisbee playing, general 1 1 9 15250 8 sports frisbee, ultimate 0 1 1 9 15255 4.5 sports golf, general 0 1 1 7 15260 sports golf, carrying clubs 1 1 1 7 15260 sports golf, niniature, driving range 1 1 1 7 15260 sports golf, pulling clubs 1 1 1 7 15260 sports golf, pulling clubs 1 1 1 1 15270 4 sports charchaging eneral 1 1 1 1 15300 4 sports charchaging eneral 1 1 1 1 1				1	1	9
16236 sports throwing ball, playing catch (general) 0 1 9 16240 3 sports frisbee playing, general 1 1 9 15250 8 sports frisbee playing, general 0 1 1 9 15253 sports frisbee playing, general 0 1 1 9 15255 4.5 sports golf, general 0 1 1 7 15260 sports golf, carrying clubs 1 1 7 7 15270 3 sports golf, miniature, driving range 1 1 1 7 15280 sports golf, pulling clubs 1 1 1 7 15280 4 sports general 1 1 1 1 15300 4 sports hacky sack 1 1 1 1 15310 4 sports hacky sack 1 1 1 9 15350 8 sports				1	1	9
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15250 8 sports frisbee, ultimate 1 1 9 15253 sports frisbee golf 0 1 9 15255 4.5 sports golf, general 1 1 7 15260 sports golf, carrying clubs 1 1 7 15260 sports golf, miniature, driving range 1 1 7 15260 sports golf, pulling clubs 1 1 7 15260 sports gort, pulling clubs 1 1 7 15300 4 sports gymnastics, general 1 1 1 15301 4 sports hacky sack 1 1 1 9 15310 4 sports hacky sack 1 1 1 9 15320 12 sports hacky sack 1 1 1 9 15330 8 sports hockey, iee 1 1 1 9				1	1	9
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15260 sports golf, arrying clubs 1 1 7 15270 3 sports golf, miniature, driving range 1 1 1 15280 sports golf, pulling clubs 1 1 7 15280 sports golf, pulling clubs 1 1 7 15300 4 sports gymnastics, general 1 1 7 15301 4 sports cheerleading 0 1 1 1 15310 4 sports hacky sack 1 1 1 9 15320 12 sports handball, general 1 1 1 9 15350 8 sports hockey, field 1 1 1 9 15360 8 sports horseback riding, general 1 1 1 9 15370 4 sports horseback riding, saddling horse, grooming horse 1 1 1 8 15380 6.5 sports horseback riding, walking 1 <				1	1	7
15270 3 sports golf, miniature, driving range 1 1 15280 sports golf, pulling clubs 1 1 7 15300 4 sports gymnastics, general 1 1 7 15301 4 sports cheerleading 0 0 1 1 15310 4 sports hacky sack 1 1 1 1 15320 12 sports handball, general 1 1 1 9 15355 8 sports hackey, sice 1 1 1 9 15350 8 sports hockey, ice 1 1 1 9 15360 8 sports horseback riding, general 1 1 1 9 15370 4 sports horseback riding, general 1 1 1 8 15380 5.5 sports horseback riding, sadding horse, grooming horse 1				1	1	7
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15301 4 sports cheerleading 0 1 15310 4 sports hacky sack 1 1 1 15320 12 sports handball, general 1 1 9 15350 8 sports handball, general 1 1 9 15350 8 sports hockey, field 1 1 9 15350 8 sports street hockey 0 1 1 9 15360 8 sports hockey, ice 1 1 9 15370 4 sports horseback riding, general 1 1 9 15380 3.5 sports horseback riding, saddling horse, grooming horse 1 1 1 8 15390 6.5 sports horseback riding, walking 1 1 1 8 15400 2.5 sports horseback riding, quoits 1 1 1 9 <				1	1	
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15350 8 sports hockey, field 1 1 9 15355 8 sports street hockey 0 1 9 15350 8 sports street hockey, ice 1 1 9 15360 8 sports hockey, ice 1 1 9 15370 4 sports horseback riding, general 1 1 1 9 15380 3.5 sports horseback riding, saddling horse, grooming horse 1 1 1 8 15390 6.5 sports horseback riding, trotting 1 1 8 15400 2.5 sports horseback riding, walking 1 1 1 8 15410 3 sports horseback riding, quoits 1 1 1 9 15420 12 sports horseback riding, quoits 1 1 1 1 9 15430 10 sports jai alai				1	1	9
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153608sportshockey, ice119153704sportshorseback riding, general1118153803.5sportshorseback riding, saddling horse, grooming horse1118153906.5sportshorseback riding, trotting1118154002.5sportshorseback riding, walking1118154103sportshorsebace pitching, quoits11191542012sportsjai alai1191543010sportsjudo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido1119154404sportsjuggling1199154507sportskickball119154608sportslacrosse119155307sportsracquetball, general119				0	1	9
153704sportshorseback riding, general118153803.5sportshorseback riding, saddling horse, grooming horse1118153906.5sportshorseback riding, trotting11118154002.5sportshorseback riding, walking11118154103sportshorseshoe pitching, quoits111191542012sportsjai alai11191543010sportsjudo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido1119154404sportsjuggling1119154507sportskickball1119154608sportslacrosse1119155307sportsracquetball, general1119				1	1	9
153803.5sportshorseback riding, saddling horse, grooming horse1118153906.5sportshorseback riding, trotting1118154002.5sportshorseback riding, walking1118154103sportshorseback riding, quoits11191542012sportsjai alai1191543010sportsjudo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido111154404sportsjuggling119154507sportskickball119154608sportslacrosse119155307sportsracquetball, general119				1	1	8
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1542012sportsjai alai1191543010sportsjudo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido1115154404sportsjuggling1115154507sportskickball119154608sportslacrosse119155307sportsracquetball, general119				1	1	9
1543010sportsjudo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido115154404sportsjuggling111154507sportskickball119154608sportslacrosse119155307sportsracquetball, general119				1	1	9
154404sportsjuggling11154507sportskickball119154608sportslacrosse119155307sportsracquetball, general119				1	1	5
15450 7 sports kickball 1 9 15460 8 sports lacrosse 1 1 9 15530 7 sports racquetball, general 1 1 9				1	1	
15460 8 sports lacrosse 1 1 9 15530 7 sports racquetball, general 1 1 9				1	1	9
15530 7 sports racquetball, general 1 1 9				1	1	9
				1	1	9
	15535	11 sports	rock climbing, ascending rock	1	1	

15536	8	sports	rock climbing, general	0	1	
15540	8	sports	rock climbing, rappelling	1	1	
15551		sports	rope jumping, general	1	1	2
15570		sports	shuffleboard, lawn bowling, Bocce ball	1	1	9
15580		sports	skateboarding	1	1	
15590		sports	skating, roller	1	1	12
15591	12	sports	roller blading (in-line skating)	1	1	12
15610	7	sports	soccer, general	1	1	9
15620	5	sports	softball or baseball, fast or slow pitch, general	1	1	9
15630	4	sports	softball, officiating	1	1	
15640	6	sports	softball, pitching	1	1	9
15650	12	sports	squash	1	1	9
15660	4	sports	table tennis, ping pong	1	1	9
15670	4	sports	tai chi	1	1	20
15675	7	sports	tennis, general	1	1	9
15680	6	sports	tennis, doubles	1	1	9
15700	3.5	sports	trampoline	1	1	15
15710	4	sports	volleyball	1	1	9
15720	3	sports	volleyball, general	1	1	9
15725	8	sports	volleyball, beach	1	1	9
15731		sports	wallyball, general	1	1	9
15732	4	sports	track and field (shot, discus, hammer throw)	1	1	
15733	6	sports	track and field (high jump, long jump, triple jump, javelin, pole vault)	1	1	
15734	10	sports	track and field (steeplechase, hurdles)	1	1	
16010		transportation	automobile or light truck (not semi) driving	1	0	
17010		walking	backpacking	1	1	16
17015	4	walking	carrying with assistance or helping to carry, level ground or downstairs, general	0	0	
17016		walking	carrying with assistance or helping to carry, upstairs	0	0	
17017		walking	carrying with assistance or helping to carry, up and down stairs	0	0	
17021	3.5	walking	carrying infant, level ground or downstairs	0	0	
17022	4	walking	carrying load, level ground or downstairs, general	0	0	
17023	5	walking	carrying infant, upstairs	0	0	
17024	4.3	walking	carrying infant up and down stairs	0	0	
17025	9	walking	carrying load upstairs, general	1	0	
17031	3	walking	loading /unloading a car	1	0	
17032	6.5	walking	carrying load up and down stairs	0	0	
17033	4.5	walking	carrying baby in car seat, level ground or downstairs, general	0	0	
17034	5.5	walking	carrying baby in car seat, upstairs	0	0	
17036	4.8	walking	carrying baby in car seat, up and down stairs	0	0	
17070	3	walking	downstairs	1	0	
17080	6	walking	hiking, cross country	1	1	16
17090	6.5	walking	marching, rapidly, military	1	0	
17100	2.5	walking	pushing or pulling stroller with child or walking with children	1	1	11
17101		walking	pushing stroller while carrying baby (e.g, in snugli) PIN3 Physical Activity: 8/2/2007: Page 13	0	1	11

	4 walking 6.5 walking	pushing a wheelchair, non-occupational setting	1	0	
		race walking	1	1	16
	6.5 walking	speed walking	0	1	16
17120	8 walking	rock or mountain climbing	1	1	
17130	8 walking	up stairs, using or climbing up ladder	. 1	0	
	5.5 walking	walking up and down stairs	0	0	
17140	5 walking	using crutches	1	0	
17150	2 walking	walking, household	1	0	
	3.7 walking	walking, general	0	1	16
	3.5 walking	waiking, general walking for pleasure	1	1	16
17165	3 walking	waiking for pleasure walking the dog	1	1	16
	2.8 walking	walking, 1.5mph, downhill	1	1	16
	3.3 walking	waking, 2.5mph, downinin walking, 3.0mph, level, moderate pace, firm surface	1	1	16
	3.8 walking			1	16
		walking, 3.5mph, level, brisk, firm surface, walking for exercise	1		
17220	5 walking	walking, 4.0mph, level, firm surface, very brisk pace	1	1	16
	6.3 walking	walking, 4.5mph, level, firm surface, very brisk	1	1	16
	3.5 walking	walking, for pleasure, work break	1	1	16
17270	4 transportation	Walking	1	0	
17300	3 walking	walking and bending down to measure distance	0	0	
	3.5 water activities	canoeing, rowing, general	1	1	17
	12 water activities	canoeing, rowing, in competition, or crew or sculling	1	1	17
18090	3 water activities	diving, springboard or platform	1	1	14
18100	5 water activities	kayaking	1	1	17
	2.7 water activities	lifeguarding	0	0	
18110	4 water activities	paddle boat	1	1	17
18150	6 water activities	skiing, water	1	1	14
18160	7 water activities	skimobiling	1	1	17
18170	12 water activities	skindiving or scubadiving as frogman	1	1	14
18200	7 water activities	skindiving, scuba diving, general	1	1	14
18210	5 water activities	snorkeling	1	1	14
18220	3 water activities	surfing, body or board	1	1	14
18225	7 water activities	swimming laps, general	0	1	14
18231	7 water activities	swimming laps, freestyle, general	0	1	14
18240	7 water activities	swimming laps, freestyle, slow, moderate or light effort	1	1	14
18250	7 water activities	swimming, backstroke, general	1	1	14
	10 water activities	swimming, breaststroke, general	1	1	14
	11 water activities	swimming, butterfly, general	1	1	14
18281	8 water activities	swimming, crawl, general	0	1	14
18310	6 water activities	swimming, leisurely, not lap swimming, general	1	1	14
18320	8 water activities	swimming, sidestroke, general	1	1	14
18330	8 water activities	swimming, synchronized	1	1	14
18341	4 water activities	swimming, treading water, general	0	1	14
18355	4 water activities	water aerobics, water calisthenics	1	1	21
	2.5 water activities	water baby class	0	1	

18360	10 water activities	water polo	1	1	14
18365	3 water activities	water volleyball	1	1	14
18366	8 water activities	water jogging	1	1	14
18370	5 water activities	whitewater rafting, kayaking, or canoeing	1	1	17
18375	2.5 water activities	wading	0	1	14
19030	7 winter activities	skating, ice, general	1	1	12
19050	15 winter activities	skating, speed	1	1	12
19060	7 winter activities	ski jumping (climb up carrying skis)	1	1	19
19075	7 winter activities	skiing, general	1	1	19
19090	8 winter activities	skiing, cross country, general	1	1	19
19180	7 winter activities	sledding, tobogganing, bobsledding, luge	1	1	19
19190	8 winter activities	snow shoeing	1	1	19
19200	3.5 winter activities	snowmobiling	1	1	19
21020	3 volunteer activities	doing volunteer work- standing (pack boxes, stock items, assemble/repair, set up chairs/fu	1	0	
21021	2.5 volunteer activities	doing volunteer work- standing (serving food)	0	0	