

compcode	METS	class	descript	code in compendium	exercise	recreational subcategory
1009	8.5	bicycling	bicycling, BMX or mountain	1	1	3
1010	4	transportation	Biking	1	0	
1015	8	bicycling	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	1	1	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	7	conditioning exercise	ski machine, general (e.g., Nordicttract)	1	1	2
2081	9	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	20
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	20
2104	2.5	conditioning exercise	prenatal yoga	0	1	20
2105		conditioning exercise	Ashtanga yoga	0	1	20
2106		conditioning exercise	Kundalini yoga	0	1	20
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	5	conditioning exercise	toning aerobics and stretching class	0	1	1
2140	2.5	conditioning exercise	prenatal exercise classes (e.g., Pregnancy Plus)	0	1	1
2141	5.5	conditioning exercise	working out, general exercise	0	1	2
3010	4.8	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	

3015	6.5	dancing	aerobic, general	1	1	1
3018	9.3	dancing	aerobic, step	0	1	1
3019		dancing	step aerobics and kickboxing combination	0	1	1
3020	5	dancing	aerobic, low impact	1	1	1
3021	7	dancing	aerobic, high impact	1	1	1
3022	7	dancing	kick boxing (aerobics) class, tae bo, cardio box	0	1	1
3023		dancing	Salsarobics, Cardio Salsa	0	1	1
3024		dancing	Mixed Martial Arts	0	1	
3025	4.5	dancing	general, Greek, Middle Eastern, hula, flamenco, belly, swing	1	1	6
3026		dancing	African dance	0	1	6
3030	5.5	dancing	ballroom, fast	1	1	6
3031		dancing	ballroom, fast (disco, folk, square), line dancing, Irish step dancing, polka, contra, country	1	1	6
3032	4.5	dancing	salsa dance	0	1	6
3040	3	dancing	ballroom, slow (e.g. waltz, foxtrot, slow dancing), samba, tango, 19th C, mambo, chacha	1	1	6
4001	3	fishing and hunting	fishing, general	1	0	
4010	4	fishing and hunting	digging worms, with shovel	1	0	
4020	4	fishing and hunting	fishing from river bank and walking	1	0	
4030	2.5	fishing and hunting	fishing from boat, sitting	1	0	
4100	5	fishing and hunting	hunting, general	1	0	
5010	3.3	home activities	carpet sweeping, sweeping floors	1	0	
5020	3	home activities	cleaning, heavy or major (e.g. wash car, wash windows, clean garage, beat rugs)	1	0	
5021	3.5	home activities	mopping	1	0	
5030	3	home activities	cleaning house, general	1	0	
5031	2.5	home activities	cleaning out drawers	0	0	
5032	2.5	home activities	cleaning out closets	0	0	
5035	3.2	home activities	cleaning bathroom	0	0	
5040	2.5	home activities	cleaning, light (dusting, straightening up, changing linen, carrying out trash)	1	0	
5041	2.3	home activities	wash dishes - standing or in general (not broken into stand/walk components)	1	0	
5042	2.5	home activities	wash dishes; clearing dishes from table – walking	1	0	
5043	3.5	home activities	vacuuming	1	0	
5044	3.5	home activities	shampoo carpets/use wet vac	0	0	
5046	2.5	home activities	recycling, taking out recycling	0	0	
5047	2.3	home activities	loading/unloading dishwasher	0	0	
5048	3.8	home activities	washing furniture	0	0	
5050	2	home activities	cooking or food preparation - standing or sitting or in general (not broken into stand/walk c	1	0	
5051	2.5	home activities	serving food, setting table - implied walking or standing	1	0	
5052	2.5	home activities	cooking or food preparation - walking	1	0	
5053	2.5	home activities	feeding animals	1	0	
5055	2.5	home activities	putting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying	1	0	
5056	7.5	home activities	carrying groceries upstairs	1	0	
5058		home activities	carrying groceries downstairs	0	0	
5059		home activities	carrying groceries up and down stairs	0	0	
5060	2.3	home activities	food shopping with or without a grocery cart, standing or walking	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	2.3	home activities	ironing	1	0	
5090	1.5	home activities	laundry (no lifting), fold or hang clothes, put clothes in washer or dryer, packing suitcase	1	0	
5095	2.3	home activities	putting away clothes, gathering clothes to pack, putting away laundry	1	0	
5097	2	home activities	laundry (lifting involved)	0	0	
5100	2	home activities	making bed	1	0	
5101	3.5	home activities	hanging curtains/drapes	0	0	
5102	2.7	home activities	laying shelf paper	0	0	
5120	6	home activities	moving furniture, household items, carrying boxes	1	0	
5121	6	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	3.8	home activities	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub	1	0	
5131	3.8	home activities	scrubbing, general	1	0	
5140	4	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	3	home activities	putting away household items	1	0	
5148	2.5	home activities	watering plants	1	0	
5150	9	home activities	moving household items upstairs, carrying boxes or furniture	1	0	
5160	2	home activities	standing; light (pump gas, change light bulb,etc.)	1	0	
5165	3	home activities	walking; light, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)	1	0	
5170	2.5	home activities	sitting; playing with children - light, only active periods	1	0	10
5171	2.8	home activities	standing - playing with children - light, only active periods	1	0	10
5172	3.4	home activities	playing with child(ren), general	0	0	10
5175	4	home activities	walk/run; playing with children - moderate, only active periods	1	0	10
5176	4.5	home activities	walk/run; playing with child(ren) , general	0	0	10
5180	5	home activities	walk/run; playing with children - vigorous, only active periods	1	0	10
5181	3	home activities	carrying small children, level ground/downstairs, general	1	0	
5182	8	home activities	carrying small children, upstairs	0	0	
5183	6.3	home activities	carrying small children, up and down stairs	0	0	
5185	2.5	home activities	child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child	1	0	
5186	3	home activities	child care: dressing, bathing, grooming, feeding, occasional lifting of child (include babysi	1	0	
5187	4	home activities	elder care, disabled adult	1	0	
5195	3.5	home activities	standing - bathing dog	1	0	
5196	2.8	home activities	playing with animals, general	0	0	
5197	4	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	8.5	home activities	carrying teen/adult, downstairs, general	0	0	
5202	4	home activities	turning/rotating bed ridden teen/adult	0	0	
5203	4	home activities	grooming, bathing, dressing disabled teen/adult	0	0	
5204	3	home activities	turning/rotating bed ridden child	0	0	
5205	3	home activities	grooming, bathing, dressing disabled child	0	0	
5206		home activities	carrying adult/teen upstairs	0	0	

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, remodeling	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
7030	0.9	inactivity, quiet	sleeping	1	0
7041	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, 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

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	

9206		miscellaneous	leaning, general	0	0
9210	0	miscellaneous	getting up in the morning	0	0
9211	2	miscellaneous	showering	0	0
9212	3.5	miscellaneous	getting up from bending/squatting position	0	0
9213	7.5	miscellaneous	climbing, general	0	0
9214	3.5	miscellaneous	getting in and out of bathtub	0	0
9216	2.8	miscellaneous	bouncing, general	0	0
9217	8	miscellaneous	jumping, jumping up and down	0	0
9218	2	miscellaneous	cheering at sporting event	0	0
9220	2.8	miscellaneous	swinging on swing	0	0
9221	2.8	miscellaneous	pushing swing	0	0
9222	4	miscellaneous	going to child's gym class	0	0
9223	2	miscellaneous	filling up pool	0	0
9224	0	miscellaneous	hollering/yelling	0	0
9225	4	miscellaneous	pushing wheelchair and lifting person from chair	0	0
9226	0	miscellaneous	discipling/punishing children	0	0
9227	4	miscellaneous	playing in snow	0	0
9228	3	miscellaneous	scraping ice off car	0	0
9230	8	miscellaneous	cleaning horse stall	0	0
9235	3	miscellaneous	installing car seats	0	0
9236	3	miscellaneous	putting baby/child(ren) in the car	0	0
9240	2.7	miscellaneous	decorating, general- inside	0	0
9241	2.7	miscellaneous	decorating, general- outside	0	0
9242	3.5	miscellaneous	preparing for party	0	0
9243	3	miscellaneous	going to karaoke club	0	0
9244	3.5	miscellaneous	getting ready for company	0	0
9245	3.5	miscellaneous	hosting party	0	0
9300	2.5	miscellaneous	birthing class, Lamaze	0	0
9305	6	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	2	music playing	flute (sitting)	1	0
10060	2	music playing	horn	1	0
10070	2.5	music playing	piano or organ	1	0
10080	3.5	music playing	trombone	1	0
10090	2.5	music playing	trumpet	1	0
10091		music playing	cornet	0	0
10092		music playing	French horn	0	0
10093		music playing	tuba	0	0
10100	2.5	music playing	violin/viola	1	0

10110	2	music playing	woodwind	1	0
10120	2	music playing	guitar, classical, folk (sitting)	1	0
10121		music playing	hammered dulcimer	0	0
10122		music playing	harmonica	0	0
10125	3	music playing	guitar, rock and roll band (standing)	1	0
10126		music playing	guitar, general	0	0
10130	4	music playing	marching band, playing an instrument, baton twirling (walking)	1	0
10135	3.5	music playing	marching band, drum major (walking)	1	0
10140	1.8	music playing	singing, general	0	0
10141	2	music playing	singing, choir	0	0
10142	3	music playing	singing, band (rock and roll, blues, jazz, etc.)	0	0
10143	3	music playing	karaoke	0	0
11000	3	occupation	adjusting people's backs	0	0
11001	3	occupation	automobile body work	0	0
11003	2.5	occupation	assembling tent	0	0
11010	4	occupation	bakery, general	1	0
11017	2.3	occupation	cooking or food preparation (e.g., caterer, chef, line cook)	0	0
11020	2.3	occupation	bookbinding	1	0
11030	6	occupation	building road (including hauling debris, driving heavy machinery)	1	0
11035	2	occupation	building road, directing traffic (standing)	1	0
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	0	0

11135	2.5	occupation	drill sergeant	0	0
11136	8	occupation	military physical training	0	0
11140	8	occupation	farming, baling hay, cleaning barn, poultry work	1	0
11150	3.5	occupation	farming, chasing cattle, non-strenuous (walking)	1	0
11151	4	occupation	farming, chasing cattle or other livestock on horseback	1	0
11152	2	occupation	farming, chasing cattle or other livestock, driving	1	0
11160	2.5	occupation	farming, driving harvester, cutting hay, irrigation work	1	0
11170	2.5	occupation	farming, driving tractor	1	0
11180	4	occupation	farming, feeding small animals	1	0
11190	4.5	occupation	farming, feeding cattle, horses	1	0
11191	4.5	occupation	farming, hauling water for animals, general hauling water	1	0
11192	6	occupation	farming, taking care of animals (grooming, brushing, shearing sheep, assisting with birthing)	1	0
11200	8	occupation	farming, forking straw bales, cleaning corral or barn	1	0
11201		occupation	cleaning animal cages	0	0
11210	3	occupation	farming, milking by hand	1	0
11220	1.5	occupation	farming, milking by machine	1	0
11230	5.5	occupation	farming, shoveling grain	1	0
11231	5	occupation	yard work	0	0
11235	5.3	occupation	fitness/personal trainer	0	0
11236	12	occupation	roller blading (in-line skating)	0	0
11240	12	occupation	fire fighter, general	1	0
11245	11	occupation	fire fighter, climbing ladder with full gear	1	0
11246	8	occupation	fire fighter, hauling hoses on ground	1	0
11280	11	occupation	forestry, carrying logs	1	0
11290	8	occupation	forestry, felling trees	1	0
11300	8	occupation	forestry, general	1	0
11310	5	occupation	forestry, hoeing	1	0
11320	6	occupation	forestry, planting by hand	1	0
11330	7	occupation	forestry, sawing by hand	1	0
11340	4.5	occupation	forestry, sawing, power	1	0
11350	9	occupation	forestry, trimming trees	1	0
11360	4	occupation	forestry, weeding	1	0
11380	6	occupation	horse grooming	1	0
11420	3.5	occupation	locksmith	1	0
11430	2.5	occupation	machine tooling, machining, working sheet metal	1	0
11440	3	occupation	machine tooling, operating lathe	1	0
11450	5	occupation	machine tooling, operating punch press	1	0
11460	4	occupation	machine tooling, tapping and drilling	1	0
11470	3	occupation	machine tooling, welding	1	0
11480	7	occupation	masonry, concrete	1	0
11485	4	occupation	masseur, masseuse (standing)	1	0
11486	3.5	occupation	manual therapy (with patients)	0	0
11490	7.5	occupation	moving, pushing heavy objects (desks, moving van work)	1	0
11491	6	occupation	moving, general	0	0

11492	2.7	occupation	pulling and/or pushing, general	0	0
11493	2.5	occupation	shifting items, reorganizing	0	0
11500	2.5	occupation	operating heavy duty equipment/automated, not driving	1	0
11525	2.5	occupation	police, directing traffic (standing)	1	0
11528	4	occupation	police, making an arrest (standing)	1	0
11530	2.5	occupation	shoe repair, general	1	0
11540	8.5	occupation	shoveling, digging ditches	1	0
11580	1.5	occupation	sitting; light office work, general (chemistry lab work, light use of hand tools, watch repair c	1	0
11585	1.5	occupation	sitting; meetings, general, and/or talking involved, eating at a business meeting	1	0
11590	2.5	occupation	sitting; (heavy levers, riding mower/forklift, crane operation), teaching stretching or yoga	1	0
11600	2.3	occupation	standing; (bartending, store clerk, assembling, filing, duplicating, putting up a Christmas t	1	0
11605	2	occupation	standing, general	0	0
11606	2.5	occupation	twisting from side to side	0	0
11610	3	occupation	standing; (assemble/repair heavy parts, welding, stocking, auto repair, pack boxes for mo	1	0
11611	3	occupation	helping people walk (nursing, physical therapy, occupational therapy, etc.)	0	0
11612	3	occupation	demonstrating tasks (nursing, physical therapy, occupational therapy, etc.)	0	0
11613	3	occupation	stocking items, general	0	0
11614	3	occupation	shelving items, general	0	0
11615		occupation	repairing, general	1	0
11620	3.5	occupation	standing; moderate (assembling at fast rate, intermittent, lifting 50lbs, hitch/twisting ropes)	1	0
11628	3.5	occupation	transition between standing and sitting, getting up from seated position, sitting down	0	0
11629	2.5	occupation	crawling	0	0
11630	4	occupation	standing; (painting, paper hanging)	1	0
11631	4	occupation	lifting, general	0	0
11632	2.8	occupation	lifting, infants	0	0
11633	3	occupation	lifting, children	0	0
11634	4	occupation	lifting, adults	0	0
11635	3.5	occupation	almost lifting, pushing against adults	0	0
11636	2.5	occupation	bending down, general	0	0
11637	3.5	occupation	squatting	0	0
11638	3.5	occupation	getting up and down from floor	0	0
11639	4	occupation	lifting and carrying, general	0	0
11640	5	occupation	steel mill, fettling	1	0
11650	5.5	occupation	steel mill, forging	1	0
11660	8	occupation	steel mill, hand rolling	1	0
11670	8	occupation	steel mill, merchant mill rolling	1	0
11680	11	occupation	steel mill, removing slag	1	0
11690	7.5	occupation	steel mill, tending furnace	1	0
11700	5.5	occupation	steel mill, tipping molds	1	0
11710	8	occupation	steel mill, working in general	1	0
11720	2.5	occupation	tailoring, cutting	1	0
11730	2.5	occupation	tailoring, general	1	0
11740	2	occupation	tailoring, hand sewing	1	0
11750	2.5	occupation	tailoring, machine sewing	1	0

11760	4	occupation	tailoring, pressing	1	0
11765	3.5	occupation	tailoring, weaving	1	0
11766	6.5	occupation	truck driving, loading and unloading truck (standing)	1	0
11780	6	occupation	using heavy power tools such as pneumatic tools (jackhammers, drills, etc.)	1	0
11790	8	occupation	using heavy tools (not power) such as shovel, pick, tunnel bar, spade	1	0
11794	3.3	occupation	walking on job, not carrying anything, level ground/downstairs, general	0	0
11796	3	occupation	walking, gathering things at work, ready to leave	1	0
11797	8	occupation	walking, upstairs, not carrying anything	0	0
11798	5.5	occupation	walking, up and down stairs, not carrying anything	0	0
11799	7.5	occupation	climbing, general	0	0
11801	15	occupation	running up flight of stairs	0	0
11803	2.5	occupation	pushing stroller	0	0
11804	4.5	occupation	pushing stroller while carrying baby (e.g, in snugli)	0	0
11805	4	occupation	walking, pushing a wheelchair	1	0
11806	3.8	occupation	running on job, general	0	0
11807	8	occupation	biking on job, general	0	0
11808	2.3	occupation	leaning, general	0	0
11809	2.3	occupation	shopping, general	0	0
11860	4	occupation	waitressing, serving food, general	0	0
11861	4	occupation	busing tables, clearing tables	0	0
11862	2.5	occupation	dishwashing	0	0
11870	3	occupation	working in scene shop, theater actor, backstage employee	1	0
11874	4	occupation	twirling baton	0	0
11875	4	occupation	teach physical education, exercise, sports classes	1	0
11876	4.5	occupation	dancing, general	1	0
11877	4.8	occupation	teach dance (ballet, jazz, modern, tap)	1	0
11878	4.5	occupation	teach dance (ballroom, swing, disco)	0	0
11879	8	occupation	jumping jacks	0	0
11880	2.7	occupation	playing with children	0	0
11881	3	occupation	caring for children (e.g., bathing, dressing, feeding)	0	0
11882	4.8	occupation	carrying children, level ground/downstairs, general	0	0
11883	8	occupation	carrying children, upstairs	0	0
11884	7	occupation	carrying children up and down stairs	0	0
11885	6.3	occupation	carrying infants, level ground/downstairs, general	0	0
11886	4.3	occupation	carrying infants, upstairs	0	0
11887	4.3	occupation	carrying infants up and down stairs	0	0
11888	2.8	occupation	pushing swing	0	0
11889	2	occupation	leading field trip	0	0
11890	4	occupation	caring for disabled teen/adult (e.g., bathing, dressing, feeding)	0	0
11891	3	occupation	caring for disabled child(ren) (e.g., bathing, dressing, feeding)	0	0
11892	4	occupation	restraining child/adult	0	0
11893	3	occupation	transferring patients	0	0
11894	6	occupation	CPR	0	0
11900	2.7	occupation	lifeguard	0	0

11901	6	occupation	swimming, no laps	0	0	
11902		occupation	swimming, with laps	0	0	
11903	4	occupation	playing volleyball	0	0	
11904	7	occupation	bicycling, stationary, general (e.g., Lifecycle)	0	0	
11905	4	occupation	aqua aerobics, water aerobics	0	0	
11906	3	occupation	weight lifting (free, nautilus or universal-type), general	0	0	
11907	7	occupation	soccer, general	0	0	
11908	7	occupation	kickball	0	0	
11910	3	occupation	dressing adults	0	0	
11911	2.5	occupation	blowdrying hair	0	0	
11920	5.2	occupation	physical therapy	0	0	
11921	3	occupation	occupational therapy	0	0	
11922	3	occupation	aqua therapy	0	0	
11930	0	occupation	talking, general	0	0	
11935	2.5	occupation	searching people w/ hand held metal detector	0	0	
11950		occupation	carrying with assistance or helping to carry, level ground or downstairs, general	0	0	
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	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	running while 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	9

15051	6	sports	basketball, playing with children	0	1	9
15060	7	sports	basketball, officiating	1	1	
15070	4.5	sports	basketball, shooting baskets	1	1	
15075	6.5	sports	basketball, wheelchair	1	1	9
15080	2.5	sports	billiards	1	1	
15090	3	sports	bowling	1	1	9
15110	6	sports	boxing, punching bag	1	1	
15130	7	sports	broomball	1	1	
15135	5	sports	children's games (hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetherball)	1	1	10
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	curling	1	1	9
15180	2.5	sports	darts, wall or lawn	1	1	
15200	6	sports	fencing	1	1	9
15230	8	sports	football, touch, flag, general	1	1	9
15235	2.5	sports	football or baseball, playing catch	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	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
15270	3	sports	golf, miniature, driving range	1	1	
15280		sports	golf, pulling clubs	1	1	7
15300	4	sports	gymnastics, general	1	1	
15301	4	sports	cheerleading	0	1	
15310	4	sports	hacky sack	1	1	
15320	12	sports	handball, general	1	1	9
15350	8	sports	hockey, field	1	1	9
15355	8	sports	street hockey	0	1	9
15360	8	sports	hockey, ice	1	1	9
15370	4	sports	horseback riding, general	1	1	8
15380	3.5	sports	horseback riding, saddling horse, grooming horse	1	1	8
15390	6.5	sports	horseback riding, trotting	1	1	8
15400	2.5	sports	horseback riding, walking	1	1	8
15410	3	sports	horseshoe pitching, quoits	1	1	9
15420	12	sports	jai alai	1	1	9
15430	10	sports	judo, jujitsu, karate, kick boxing (against opponent), tae kwan do, akido	1	1	5
15440	4	sports	juggling	1	1	
15450	7	sports	kickball	1	1	9
15460	8	sports	lacrosse	1	1	9
15530	7	sports	racquetball, general	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	10	sports	rope jumping, general	1	1	2
15570	3	sports	shuffleboard, lawn bowling, Bocce ball	1	1	9
15580	5	sports	skateboarding	1	1	
15590	7	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	7	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	2	transportation	automobile or light truck (not semi) driving	1	0	
17010	7	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	4.5	walking	pushing stroller while carrying baby (e.g. in snugli)	0	1	11

17105	4	walking	pushing a wheelchair, non-occupational setting	1	0	
17110	6.5	walking	race walking	1	1	16
17111	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	
17131	5.5	walking	walking up and down stairs	0	0	
17140	5	walking	using crutches	1	0	
17150	2	walking	walking, household	1	0	
17153	3.7	walking	walking, general	0	1	16
17160	3.5	walking	walking for pleasure	1	1	16
17165	3	walking	walking the dog	1	1	16
17180	2.8	walking	walking, 2.5mph, downhill	1	1	16
17190	3.3	walking	walking, 3.0mph, level, moderate pace, firm surface	1	1	16
17200	3.8	walking	walking, 3.5mph, level, brisk, firm surface, walking for exercise	1	1	16
17220	5	walking	walking, 4.0mph, level, firm surface, very brisk pace	1	1	16
17230	6.3	walking	walking, 4.5mph, level, firm surface, very brisk	1	1	16
17250	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	
18070	3.5	water activities	canoeing, rowing, general	1	1	17
18080	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
18105	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
18260	10	water activities	swimming, breaststroke, general	1	1	14
18270	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
18356	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/fo	1	0	
21021	2.5	volunteer activities	doing volunteer work- standing (serving food)	0	0	