

Table of MET Values for Fitness and Sports

METs	Category	Activity
15.0	Running	running, stairs, up
14.0	Bicycling	bicycling, stationary, 201-270 watts, very vigorous effort
13.8	Swimming	swimming, butterfly, general
13.3	Running	running, marathon
13.3	Skiing	skiing, cross-country, skating
12.8	Running	running, 9 mph (6.5 min/mile)
12.0	Paddle Sports	handball, general (Taylor Code 520)
12.0	Paddle Sports	squash (Taylor Code 530)
12.0	Rowing	rowing, stationary, 200 watts, very vigorous effort
11.8	Jumprope	rope jumping, moderate pace, 100-120 skips/min, general, 2 foot skip, plain bounce
11.8	Running	running, 7.5 mph (8 min/mile)
11.8	Running	running, 8 mph (7.5 min/mile)
11.0	Bicycling	bicycling, stationary, 161-200 watts, vigorous effort
11.0	Jumprope	rope skipping, general
11.0	Running	running, 7 mph (8.5 min/mile)
10.5	Running	running, 6.7 mph (9 min/mile)
10.3	Martial Arts	martial arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
10.3	Swimming	swimming, breaststroke, general, training or competition
10.0	Aerobics	aerobic dance wearing 10-15 lb weights
10.0	Bicycling	bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort
10.0	Paddle Sports	racquetball, competitive
10.0	Running	running, on a track, team practice
10.0	Snow Sports	snow shoeing, vigorous effort
9.8	Roller Sports	rollerblading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
9.8	Running	running, 6 mph (10 min/mile)
9.8	Swimming	swimming laps, freestyle, fast, vigorous effort
9.8	Swimming	swimming, treading water, fast, vigorous effort
9.8	Walking	walking, 5.0 mph, uphill, 3% grade
9.5	Aerobics	aerobic, step, with 10 - 12 inch step
9.5	Swimming	swimming, backstroke, general, training or competition
9.3	Basketball	basketball, drills, practice
9.0	Bicycling	bicycling, 12 mph, standing, hands on brake hoods, 60 rpm
9.0	Running	running, 5.2 mph (11.5 min/mile)
9.0	Running	running, cross country
9.0	Skating	skating, ice, rapidly, more than 9 mph, not competitive
9.0	Skiing	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
9.0	Stairs	stair-treadmill ergometer, general
8.8	Bicycling	bicycling, stationary, 101-160 watts, vigorous effort
8.8	Jumprope	rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
8.8	Stairs	stair climbing, fast pace
8.8	Video	activity promoting video game (e.g., Wii Fit), moderate effort (e.g., aerobic, resistance)

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8.5	Aerobics	bench step class, general
8.5	Bicycling	bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm
8.5	Bicycling	bicycling, mountain, general
8.5	Bicycling	bicycling, stationary, RPM/Spin bike class
8.5	Rowing	rowing, stationary, 150 watts, vigorous effort
8.5	Walking	walking or walk downstairs or standing, carrying objects about 100 pounds or over
8.3	Running	running, 5 mph (12 min/mile)
8.3	Swimming	swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
8.3	Walking	walking, 5.0 mph, level, firm surface
8.0	Basketball	basketball, game (Taylor Code 490)
8.0	Bicycling	bicycling, 12-13.9 mph, leisure, moderate effort
8.0	Calisthenics	calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort
8.0	Calisthenics	circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
8.0	Climbing	rock or mountain climbing (Taylor Code 470)
8.0	Football	football, touch, flag, general (Taylor Code 510)
8.0	Frisbee	frisbee, ultimate
8.0	Running	jogging, in place
8.0	Running	running, training, pushing a wheelchair or baby carrier
8.0	Tennis	tennis, singles (Taylor Code 420)
8.0	Volleyball	volleyball, beach, in sand
8.0	Walking	walking, 2.9 to 3.5 mph, uphill, 6% to 15% grade
7.8	Aerobics	health club exercise, conditioning classes
7.8	Dancing	general dancing (e.g., disco, folk, Irish step dancing, line dancing, polka, contra, country)
7.8	Hiking	backpacking, hiking or organized walking with a daypack
7.5	Aerobics	aerobic, step, with 6 - 8 inch step
7.5	Bicycling	bicycling, general
7.5	Climbing	rock climbing, ascending rock, high difficulty
7.5	Roller Sports	rollerblading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
7.3	Aerobics	aerobic, general
7.3	Aerobics	aerobic, high impact
7.3	Paddle Sports	squash, general
7.3	Tennis	tennis, general
7.2	Video	activity promoting video/arcade game (e.g., Exergaming, Dance Dance Revolution), vigorous effort
7.0	Bicycling	bicycling, stationary, general
7.0	Hiking	backpacking (Taylor Code 050)
7.0	Paddle Sports	racquetball, general (Taylor Code 470)
7.0	Roller Sports	skating, roller (Taylor Code 360)
7.0	Rowing	rowing, stationary, 100 watts, moderate effort
7.0	Running	jogging, general
7.0	Skating	skating, ice, general (Taylor Code 360)
7.0	Skiing	skiing, general
7.0	Snow Sports	sledding, tobogganing, bobsledding, luge (Taylor Code 370)

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7.0	Soccer	soccer, casual, general (Taylor Code 540)
7.0	Swimming	swimming, sidestroke, general
7.0	Walking	walking, 4.5 mph, level, firm surface, very, very brisk
6.8	Bicycling	bicycling, to/from work, self selected pace
6.8	Bicycling	bicycling, 10-11.9 mph, leisure, slow, light effort
6.8	Bicycling	bicycling, stationary, 90-100 watts, moderate to vigorous effort
6.8	Skiing	skiing, cross country, 2.5 mph, slow or light effort, ski walking
6.8	Swimming	water walking, vigorous effort, brisk pace
6.5	Basketball	basketball, general
6.5	Walking	race walking
6.0	Basketball	basketball, non-game, general (Taylor Code 480)
6.0	Rowing	rowing, stationary ergometer, general, vigorous effort
6.0	Running	running, 4 mph (15 min/mile)
6.0	Swimming	swimming, leisurely, not lap swimming, general
6.0	Tennis	tennis, doubles (Taylor Code 430)
6.0	Video	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), vigorous effort
6.0	Walking	jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
6.0	Walking	hiking, cross country (Taylor Code 040)
6.0	Weightlifting	resistance training (weight lifting - free weight, nautilus or universal-type), power lifting or body building, vigorous effort (Taylor Code 210)
6.0	Yardwork	yard work, general, vigorous effort
5.8	Bicycling	bicycling, leisure, 9.4 mph
5.8	Climbing	rock climbing, ascending or traversing rock, low-to-moderate difficulty
5.8	Walking	walking/running, playing with child(ren), vigorous effort, only active periods
5.8	Walking	walk/run play with children, vigorous, only active periods
5.5	Aerobics	aerobic, step, with 4-inch step
5.5	Boxing	boxing, punching bag
5.5	Horseback Riding	horseback riding, general
5.5	Skating	skating, ice, 9 mph or less
5.5	Swimming	water aerobics, water calisthenics
5.3	Golf	golf, walking, pulling clubs
5.3	Martial Arts	martial arts, different types, slower pace, novice performers, practice
5.3	Skiing	skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
5.3	Snow Sports	snow shoeing, moderate effort
5.3	Swimming	swimming, breaststroke, recreational
5.3	Swimming	water aerobics, water calisthenics, water exercise
5.3	Walking	hiking or walking at a normal pace through fields and hillsides
5.3	Walking	walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade
5.0	Aerobics	aerobic, low impact
5.0	Baseball	softball or baseball, fast or slow pitch, general (Taylor Code 440)
5.0	Climbing	rock climbing, rappelling

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5.0	Dancing	ballet, modern, or jazz, general, rehearsal or class
5.0	Elliptical	Elliptical trainer, moderate effort
5.0	Roller Sports	skateboarding, general, moderate effort
5.0	Walking	walking, 4.0 mph, level, firm surface, very brisk pace
5.0	Weightlifting	resistance (weight) training, squats , slow or explosive effort
4.8	Bicycling	bicycling, stationary, 51-89 watts, light-to-moderate effort
4.8	Golf	golf, general
4.8	Rowing	rowing, stationary, general, moderate effort
4.8	Swimming	swimming, backstroke, recreational
4.5	Basketball	basketball, shooting baskets
4.5	Running	jogging, on a mini-tramp
4.5	Swimming	water walking, moderate effort, moderate pace
4.5	Tennis	tennis, doubles
4.3	Walking	walking, 3.5 mph, level, brisk, firm surface, walking for exercise
4.0	Ping Pong	table tennis, ping pong (Taylor Code 410)
4.0	Stairs	stair climbing, slow pace
4.0	Video	video exercise workouts, TV conditioning programs (e.g., cardio-resistance), moderate effort
4.0	Volleyball	volleyball (Taylor Code 400)
4.0	Walking	pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
3.8	Calisthenics	calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort
3.5	Bicycling	bicycling, leisure, 5.5 mph
3.5	Bicycling	bicycling, stationary, 30-50 watts, very light to light effort
3.5	Calisthenics	calisthenics, light or moderate effort, general (example: back exercises), going up & down from floor (Taylor Code 150)
3.5	Swimming	swimming, treading water, moderate effort, general
3.5	Walking	walking, 2.8 to 3.2 mph, level, moderate pace, firm surface
3.5	Walking	walking, 3.0 mph, moderate speed, not carrying anything
3.5	Weightlifting	resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance
3.0	Walking	walking the dog
3.0	Walking	walking, 2.5 mph, level, firm surface
2.8	Calisthenics	calisthenics (e.g., situps, abdominal crunches), light effort
2.8	Walking	walking, 2.0 mph, level, slow pace, firm surface
2.5	Standing	standing, miscellaneous
2.5	Swimming	water walking, light effort, slow pace
2.3	Stretching	stretching, mild
2.3	Video	activity promoting video game (e.g., Wii Fit), light effort (e.g., balance, yoga)
2.3	Video	video exercise workouts, TV conditioning programs (e.g., yoga, stretching), light effort
2.0	Walking	walking, less than 2.0 mph, level, strolling, very slow
1.0	TV Watching	lying quietly and watching television
1.0	Sleeping	sleeping