## MET (Metabolic Equivalent of Task) Activity Chart

Name: Jordan Smith

Date: 03/15/2024
Assessor's Name (if applicable): Dr. Emily Stanton

## Introduction

This MET Activity Chart is designed to help individuals and healthcare professionals estimate the energy expenditure of various physical activities. METs are used to quantify the intensity of physical activities. One MET is defined as the energy it takes to sit quietly, equivalent to consuming 1 kilocalorie per kilogram of body weight per hour. Activities are then scaled based on how many times more energy they require compared to sitting quietly.

## Activity Log

| Time Slot | Activity <br> Description | Duration <br> (minutes) | Intensity <br> (METs) | Total MET- <br> minutes |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 7:00 AM | Brisk Walking | 30 | 3.5 | 105 |  |
| 10:00 AM | Gardening | 45 | 4 | 180 |  |
| 1:00 PM | Cycling <br> (moderate) | 60 | 6 | 360 |  |
| 4:00 PM | Yoga | 30 | 2.5 |  |  |
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## Instructions

1. Fill in the 'Time Slot' with the time you began the activity.
2. Describe the 'Activity' you performed (e.g., brisk walking, gardening, cycling).
3. Record the 'Duration' in minutes that the activity was performed.
4. Input the 'Intensity (METs)' based on standard MET values for activities.
5. Calculate 'Total MET-minutes' by multiplying the duration (in minutes) by the MET value (Intensity).

## Total Daily MET-minutes: 720

## Interpretation

- < 500 MET-minutes/week: Low activity level
- 500-1000 MET-minutes/week: Moderate activity level
- > 1000 MET-minutes/week: High activity level


## Notes/Comments

With a total of 720 MET-minutes for the day, if Jordan maintains a similar level of activity throughout the week, they would be classified as having a "Moderate activity level." This classification can help in assessing fitness levels, guiding exercise recommendations, and tracking changes in physical activity over time.

Jordan has shown a good variety of activities, incorporating both aerobic exercises and flexibility training. Continuing to diversify activities and gradually increasing the intensity or duration can further enhance fitness levels and overall well-being.

Assessor's/Participant's Signature (if applicable): Jordan Smith
Date: 03/15/2024

