MET (Metabolic Equivalent of Task) Activity Chart

Name:	Date:
Assessor's Name (if applicable):	

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 Description	Duration (minutes)	Intensity (METs)	Total MET- minutes

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

Assessor's/Participant's Signature (if applicable):	
Date:	