

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:

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: _____