

# Metabolic Equivalent Chart

## Patient Information

Name:

Age:

Gender:

Medical Conditions:

Fitness Level:

## Activity Log

Activity	MET Value	Duration (minutes)	Frequency (per week)
Walking (brisk)			
Jogging			
Bicycling			
Swimming			
Aerobics			
Weightlifting			
Yoga			
Dancing			
Specific Activity			

## Notes

**MET Value:** MET values were selected based on the Metabolic Equivalent Chart.

Metabolic Equivalent Chart

Activity	MET Value	Explanation
Walking (brisk)	3.9	Moderate-intensity walking at a brisk pace.
Jogging	7.0	Running at a pace that raises heart rate.
Bicycling	5.0	Moderate cycling, not too fast or too slow.
Swimming	7.0	Vigorous swimming, demanding higher energy.
Aerobics	6.0	Traditional aerobic exercises with intensity.
Weightlifting	3.0	Strength training with minimal cardiovascular.
Yoga	2.5	Low-intensity yoga with gentle movements.
Dancing	4.0	Social dancing with moderate exertion.
Specific Activity		Description of a specific activity goes here.

**Duration:** The duration of activities was determined according to Sarah's current capabilities and fitness level.

**Frequency:**

## Exercise Recommendations

Based on Sarah's sedentary fitness level and absence of medical conditions, the following exercise recommendations are provided:

Brisk Walking: Continue with 30 minutes of brisk walking three times a week, and gradually increase the duration to 45 minutes.

Bicycling: Maintain 15 minutes of cycling twice a week, and work on increasing the duration to 30 minutes.

Weightlifting: Keep the current frequency and gradually add more weight and additional exercises to the routine.

Yoga: Continue with 60 minutes thrice a week, and explore more advanced poses as flexibility improves.

## Additional Instructions