## Metabolic Equivalent Chart

## Patient Information

Name: Sarah Johnson
Age: 45
Gender: Female
Medical Conditions: None
Fitness Level: Sedentary

## Activity Log

| Activity | MET Value | Duration <br> (minutes) | Frequency (per <br> week) |
| :--- | :---: | :---: | :---: |
| Walking (brisk) | 3.9 | 30 | 3 |
| Jogging | 7.0 | 0 | 0 |
| Bicycling | 5.0 | 15 | 2 |
| Swimming | 7.0 | 0 | 0 |
| Aerobics | 6.0 | 0 | 0 |
| Weightlifting | 3.0 | 45 | 2 |
| Yoga | 2.5 | 60 | 3 |
| Dancing | 4.0 | 45 | 2 |
| 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 <br> at a brisk pace. |
| Jogging | 7.0 | Running at a pace that <br> raises heart rate. |
| Bicycling | 5.0 | Moderate cycling, not too <br> fast or too slow. |
| Swimming | 7.0 | Vigorous swimming, <br> demanding higher energy. |
| Aerobics | 6.0 | Traditional aerobic <br> exercises with intensity. |
| Weightlifting | 3.0 | Strength training with <br> minimal cardiovascular. |
| Yoga | 2.5 | Low-intensity yoga with <br> gentle movements. |
| Dancing | 4.0 | Social dancing with <br> moderate exertion. |
| Specific Activity |  | Description of a specific <br> activity goes here. |

Duration: The duration of activities was determined according to Sarah's current capabilities and fitness level.
Frequency: Recommendations are made based on gradually increasing her activity level.

## 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

Emphasize the importance of warm-up and cool-down exercises before and after activities.
Encourage Sarah to listen to her body, gradually increasing the intensity and duration as she becomes more comfortable with the exercises.

Recommend keeping a log of her progress and noting any changes in her physical condition or comfort during activities.

