

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:

Frequency:

Exercise Recommendations

Additional Instructions