

## Calculating Personal MET Values

MET level	Per hour	Per 15 Minutes	Activity
0.90	36	9	Sleeping
1	40.2	10.05	Awake, resting quietly, any quite sitting activity
1.5	49.8	12.45	Active sitting activities
2	79.8	19.95	Walking slowly, grooming, light housework (2.5 METs)
3	120	30	Jobs that require mostly standing walking 2.5 mph
4	159.6	39.9	Recreational sports, heavy cleaning
5	199.2	49.95	Gardening, tasks that involve lifting
6	239.44	59.85	High-intensity recreational activities such as dancing, badminton, swimming, volleyball, basketball
7	279.6	69.9	Jogging or running above 5.5 mph; many competitive sports
8	319.2	79.8	High- intensity running, basketball, badminton, swimming

**I DARE YOU**