

Description	Intensity	Description	Activity	Intensity	Description	Activity	Intensity	Description
Aerobics class	5	Low impact	Jog/run	14	7 minute mile	Soccer	10	Competitive, skilled
Aerobics class	7	High impact	Jog/run	20	5 minute mile	Strength training	6	Machines, free weights
Aerobics class, step	8.5	6-8" step	Jog/run upstairs	15		Strength training	8	Intensive
Aerobics class, step	10	10-12" step	Jog/run in place	8		Strength training	8	Circuit (continuous)
Aerobics - Tae Bo	10	Vigorous	Jog/run--Sprinting	22	Full speed	Stretch for flexibility	3	
Badminton	4.5	Social	Martial arts	4	Tai Chi	Surf, bodyboard	3	
Badminton	7	Competitive, skilled	Martial arts	10	TKD, karate, judo	Swimming	4	Water aerobics
Baseball, softball	5		Pilates	6		Swimming	6	Leisurely
Basketball	4.5	Shooting baskets	Ping pong	4		Swimming	8	Slow crawl; sidestroke
Basketball	8	Game	Racquetball	7	Casual	Swimming	10	Fast; vigorous
Basketball	6.5	Wheelchair	Racquetball	10	Competitive, skilled	Swimming	11	Butterfly
Bicycling	10	Mountain biking; BMX	Range of motion	3		Tennis	6	Doubles
Bicycling	4	Leisure; < 10 mph	Rock climbing	11		Tennis	8	Singles
Bicycling	6	Light; 10-11.9 mph	Rollerblading	10	Vigorous	Trampoline	3.5	
Bicycling	8	Moderate; 12-13.9 mph	Rope jumping	8	Slow	Volleyball	4	Recreational
Bicycling	10	Fast; 14-15.9 mph	Rope jumping	10	Moderate	Volleyball	8	Competitive, skilled
Bicycling	12	16-19 mph	Rope jumping	12	Fast	Volleyball, beach	8	
Bicycling	16	> 20 mph	Rowing machine	3.5	Light	Walking	2.5	30 minute mile pace
Bowling	2		Rowing machine	7	Moderate	Walking	3	25 minute mile pace
Calisthenics	3.5	Light	Rowing machine	8.5	Vigorous	Walking	3.5	20 minute mile pace
Calisthenics	8	Pushups, pullups, etc	Rowing machine	12	Very vigorous	Walking	4	15 minute mile pace
Canoe, kayak	7	Moderate effort	SCUBA diving	7	General	Walking, power	8	13 minute mile pace
Canoe, kayak	12	Vigorous effort	SCUBA diving	16	Against the current	Walking, upstairs	6	
Dancing	3	Slow, ballroom	Skateboarding	5		Walk, upstairs, with 25 lbs.	8	
Dancing	5.5	Disco, folk, square	Skating, ice/roller	7	General	Walk, upstairs, with 50 lbs.	10	
Dancing	8	Very fast	Skating, ice/roller	9	Fast	Walk, stair machine	9	
Dancing	9	Swing dancing	Skiing, X-country	8	Moderate	Yoga	4	
Dancing	9	Zumba	Skiing, X-country	9	Vigorous	Other Activities	Intensity	
Football	8	Touch, flag	Skiing, X-country	16.5	Maximum effort	Light garden; weeding	2	
Golf	3.5	General, with cart	Skiing, downhill	6	Moderate	Heavy garden; digging	4	
Golf	4.5	General, no cart	Skiing, downhill	8	Vigorous	Gen'l house cleaning	3	
Handball	12		Skin diving	7	General	Mow lawn-push power	4	
Hiking, hunting	5	Walking	Skin diving	12.5	Moderate	Mow lawn-push hand	6	
Jog/run	8	12 minute mile	Skin diving	16	Fast	Shoveling snow, dirt	7	
Jog/run	10	10 minute mile	Snorkeling	5		Chopping wood	7	
Jog/run	12.5	8 minute mile	Soccer	7	Casual	Other - you judge, by comparing with the above		