

Energy Points Chart

	Energy Demand	Physical	Cognitive (Thinking)	Emotional/Social/Spiritual
	Higher Activity Score 10	Aerobic exercise: step ups, running, high resistance exercise bike/fast road bicycle, cross trainer, roller blades	Detailed calculations, accurate form-filling, major decision-making	Socializing, large group, 6 people or greater
	9	Stair treadmill, carrying furniture upstairs	Reading a book or a report that is complex	Anxiety/worrying-most of the day
	8	Jogging in water, swimming, moderate effort bicycling Work: farm tasks	Answering emails Paying bills, day-to-day finances	Frustration/Anger
	7	Rowing machine, walking hills, jogging, canoeing Lifting and carrying groceries upstairs	Attending appointments Driving a car on an unfamiliar route	Child care active, playing games
	6	Slow/light bicycling, moderate effort weight-lifting Sexual activity of higher effort	Reading a book that is less complex Helping children with school homework	Anxiety/worrying part of the day
	5	Home repair: painting, mowing lawn, gardening, pruning	Attending a doctor's appointment/dental appointment Screen time paying attention to TV, computer, cell phone screens, working on the computer	Social media Attending full church/religious services
	4	Water aerobics, dancing Multiple household tasks, heavy cleaning, vacuuming, mopping	Typing, computer keyboard work Driving a car on a routine route	Musical instrument-drums, marching band, heavy brass
	3.5	Laundry (front loader) Bathing a large dog	Paying close attention to music, radio Attending speech or occupational therapy	Socializing with 3 people Talking on the phone
	3	Walking Washing dishes Work: custodial, general cleaning	Watching TV Screen time without paying close attention to it	Socializing with 2 people Basic childcare (dressing, bathing, grooming, feeding) Playing string or light wind instrument Religious activity: sitting, standing, talking, eating
	2.5	Stretching, yoga exercises Grocery shopping, meal preparation	Reading for pleasure Listening to a podcast	Sitting and playing with children-sedentary activity Yoga
	2	Bathing, showering Eating, cutting food Dressing, making bed Driving a car Laundry (top loader) Washing, brushing teeth	Listening to music, not paying close attention to it	Quiet prayers/seated religious ceremonies
	1.5	Sexual activity/relaxed level Knitting, sewing, wrapping presents Toileting	Mindfulness/meditation	Relaxation activities
1	Sitting quietly Sitting in a car as a passenger	Driving in a car as a passenger	Mindfulness/meditation	

This table has been modified from BE Ainsworth et al. Compendium of physical activities: An update of activity codes and MET intensities. *Med. Sci. Sports Exerc.*, Vol. 32, No. 9, Suppl, pp.
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