

Examples of ADLs and Typical Energy Required (METS) in Each ADL Category

ADL SELF CARE	HEAVY HOUSEKEEPING / LIGHT HOME MAINTENANCE
<i>1.0-2.5 METS</i>	<i>3.5-5.0 METS</i>
bathing or showering, sitting	bathing dog, large
dressing & undressing; standing or sitting	cleaning, house or cabin, general
getting ready for bed, in general	mopping floors
grooming (washing, brushing teeth)	mowing lawn, riding mower
having hair cut or shampooed by someone else	packing/unpacking boxes
low demand sexual activity	picking fruit off trees, picking fruits/vegetables
placing food on plate, cutting food, eating	planting seedlings, shrubs
sitting on toilet, cleaning self	playing active sports with child(ren)
opening containers & taking medication	raking leaves off lawn
talking and eating	trimming shrubs or bushes by hand
LIGHT HOUSEKEEPING	HEAVY HOME MAINTENANCE
<i>1.5-4.0 METS</i>	<i>4.5-6.0 METS</i>
bathing dog, small carpentry, outside	carpentry, outside
child care, seated (dressing, bathing, feeding)	carpentry, refinishing cabinets or furniture
cooking or food preparation	cleaning gutters
gathering clothes to pack, packing suitcase	clearing land, hauling branches
ironing clothes	digging, spading, filling garden, composting
laundry, fold or hang clothes	gardening with heavy power tools
making bed	gardening, general
packing/unpacking boxes, light	hanging storm windows
playing low demand sports with child(ren)	mowing lawn, general
putting away groceries, carrying packages	mowing lawn, walk, hand mower
serving food, setting table	mowing lawn, walk, power mower
knitting, sewing, or wrapping presents	painting, outside home
sweeping floor or sidewalk	painting, papering, plastering, scraping
vacuuming carpet	planting trees
washing dishes	trimming trees
watering lawn or garden, standing or walking	washing fence, painting fence
watering plants	weeding, cultivating garden

METS = Metabolic Equivalents = energy required to perform a specific task expressed as the ratio of work metabolic rate to a standard resting metabolic rate of 1.0. 1.0 MET is a resting metabolic rate obtained during quiet sitting. Exercise capacity MET levels range from 1.5 METS for the lowest capacity to 20 METS for the highest capacity. Ainsworth BE et al. Compendium of physical activities: An update of activity codes and MET intensities. Med Sci Sports Exerc, 2000;32(9 suppl).