

Activity group: Home activities	15 min	1 hour
Carpet sweeping, sweeping floors	39	156
Cleaning, heavy or major, vigorous effort <i>Including washing car, washing windows, cleaning garage</i>	34	136
Mopping	43	170
Multiple household tasks all at once, light effort	26	102
Multiple household tasks all at once, moderate effort	43	170
Multiple household tasks all at once, vigorous effort	51	204
Cleaning, house or cabin, general	34	136
Cleaning, light <i>Including dusting, straightening up, changing linen, carrying out trash</i>	26	102
Washing dishes <i>While standing</i>	22	88
Washing dishes and clearing dishes from table <i>With some walking</i>	26	102
Vacuuming	43	170
Cooking or food preparation <i>Including use of manual appliances while standing or sitting</i>	17	68
Serving food, setting table	26	102
Cooking or food preparation (with some walking)	26	102
Feeding animals	26	102
Putting away groceries, carrying packages <i>Specifically, carrying groceries, shopping without a grocery cart</i>	26	102
Carrying groceries upstairs	111	442
Food shopping with or without a grocery cart, standing or walking	22	88
Non-food shopping, standing or walking	22	88
Ironing	22	88
Sitting - knitting, sewing, light wrapping of presents	9	34
Doing laundry, packing suitcase (while standing) <i>Folding or hanging clothes, putting clothes in washer or dryer</i>	17	68
Putting away clothes <i>Gathering clothes to pack, putting away laundry while walking around</i>	22	88
Making the bed	17	68

Moving furniture and household items, carrying boxes	85	340
Scrubbing floors on hands and knees <i>Including scrubbing bathroom, bathtub</i>	48	190
Sweeping garage, sidewalk, or outside of house	51	204
Packing/unpacking boxes, light to moderate effort <i>Occasional lifting of household items while standing</i>	43	170
Putting away household items while walking around - moderate effort	34	136
Watering plants	26	102
Moving household items upstairs, carrying boxes or furniture	136	544
Light home activities while standing <i>Including pumping gas, changing light bulbs</i>	17	68
Walking - light, non-cleaning <i>Readying to leave, shutting/locking doors, closing windows, etc.</i>	34	136
Sitting - playing with child(ren) - light, only active periods	26	102
Standing - playing with child(ren) - light, only active periods	31	122
Walk/run - playing with child(ren) - moderate, only active periods	51	204
Walk/run - playing with child(ren) - vigorous, only active periods	68	272
Carrying small children	34	136
Child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general	26	102
Child care: standing - dressing, bathing, grooming, feeding, occasional lifting of child-light effort	34	136
Elder care, disabled adult, only active periods	51	204
Reclining with baby	9	34
Sit, playing with animals, light, only active periods	26	102
Stand, playing with animals, light, only active periods	31	122
Walk/run, playing with animals, light, only active periods	31	122
Walk/run, playing with animals, moderate, only active periods	51	204
Walk/run, playing with animals, vigorous, only active periods	68	272