**Supplementary Table 1.** Common forms of incidental PA from the Compendium of Physical Activities7 with the absolute and corrected (for age, sex, and height/weight) intensity MET values

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| CODE | METS | CATEGORY | ACTIVITY | Corrected mets | |
| Female example a | Male example b |
| 01011 | 6.8 | bicycling | bicycling, to/from work, self selected pace | 9.66 | 8.73 |
| 05010 | 3.3 | home activities | cleaning, sweeping carpet or floors, general | 4.69 | 4.24 |
| 05024 | 4.5 | home activities | polishing floors, standing, walking slowly, using electric polishing machine | 6.39 | 5.78 |
| 05035 | 3.3 | home activities | kitchen activity, general, (e.g., cooking, washing dishes, cleaning up), moderate effort | 4.69 | 4.24 |
| 05043 | 3.3 | home activities | vacuuming, general, moderate effort | 4.69 | 4.24 |
| 05055 | 2.5 | home activities | putting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying packages | 3.55 | 3.21 |
| 05056 | 7.5 | home activities | carrying groceries upstairs | 10.65 | 9.63 |
| 05092 | 4.0 | home activities | laundry, hanging wash, washing clothes by hand, moderate effort | 5.68 | 5.13 |
| 05100 | 3.3 | home activities | making bed, changing linens | 4.69 | 4.24 |
| 05120 | 5.8 | home activities | moving furniture, household items, carrying boxes | 8.24 | 7.44 |
| 05125 | 4.8 | home activities | organizing room | 6.82 | 6.16 |
| 05132 | 6.5 | home activities | scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort | 9.23 | 8.34 |
| 05150 | 9.0 | home activities | moving household items upstairs, carrying boxes or furniture | 12.79 | 11.55 |
| 05165 | 3.5 | home activities | walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.) | 4.97 | 4.49 |
| 05175 | 3.5 | home activities | walking/running, playing with child(ren), moderate effort, only active periods | 4.97 | 4.49 |
| 05180 | 5.8 | home activities | walking/running, playing with child(ren), vigorous effort, only active periods | 8.24 | 7.44 |
| 05181 | 3.0 | home activities | walking and carrying small child, child weighing 15 lbs or more | 4.26 | 3.85 |
| 06126 | 2.5 | home repair | home repair, general, light effort | 3.55 | 3.21 |
| 06127 | 4.5 | home repair | home repair, general, moderate effort | 6.39 | 5.78 |
| 06128 | 6.0 | home repair | home repair, general, vigorous effort | 8.52 | 7.70 |
| 08019 | 4.5 | lawn and garden | chopping wood, splitting logs, moderate effort | 6.39 | 5.78 |
| 08095 | 5.5 | lawn and garden | mowing lawn, general | 7.81 | 7.06 |
| 08160 | 3.8 | lawn and garden | raking lawn or leaves, moderate effort | 5.40 | 4.88 |
| 08195 | 5.3 | lawn and garden | shoveling snow, by hand, moderate effort | 7.53 | 6.80 |
| 08260 | 3.0 | lawn and garden | yard work, general, light effort | 4.26 | 3.85 |
| 08261 | 4.0 | lawn and garden | yard work, general, moderate effort | 5.68 | 5.13 |
| 08262 | 6.0 | lawn and garden | yard work, general, vigorous effort | 8.52 | 7.70 |
| 14010 | 2.8 | sexual activity | active, vigorous effort | 3.98 | 3.59 |
| 17020 | 5.0 | walking | carrying 15 pound load (e.g. suitcase), level ground or downstairs | 7.10 | 6.42 |
| 17025 | 8.3 | walking | carrying load upstairs, general | 11.79 | 10.65 |
| 17070 | 3.5 | walking | descending stairs | 4.97 | 4.49 |
| 17133 | 4.0 | walking | stair climbing, slow pace | 5.68 | 5.13 |
| 17134 | 8.8 | walking | stair climbing, fast pace | 12.50 | 11.30 |
| 17170 | 3.0 | walking | walking, 2.5 mph, level, firm surface | 4.26 | 3.85 |
| 17180 | 3.3 | walking | walking, 2.5 mph, downhill | 4.69 | 4.24 |
| 17190 | 3.5 | walking | walking, 2.8 to 3.2 mph, level, moderate pace, firm surface | 4.97 | 4.49 |
| 17210 | 5.3 | walking | walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade | 7.53 | 6.80 |
| 17211 | 8.0 | walking | walking, 2.9 to 3.5 mph, uphill, 6% to 15% grade | 11.36 | 10.27 |
| 17220 | 5.0 | walking | walking, 4.0 mph, level, firm surface, very brisk pace | 7.10 | 6.42 |
| 17230 | 7.0 | walking | walking, 4.5 mph, level, firm surface, very, very brisk | 9.94 | 8.98 |
| 17231 | 8.3 | walking | walking, 5.0 mph, level, firm surface | 11.79 | 10.65 |
| 17235 | 9.8 | walking | walking, 5.0 mph, uphill, 3% grade | 13.92 | 12.58 |
| 17270 | 4.0 | walking | walking, to work or class (Taylor Code 015) | 5.68 | 5.13 |
| a) corrected, relative MET intensities are based on a 60-year-old female, 71.7 kg and 161.8cm tall (BMI 27) using a previously described formula6; b) corrected, relative MET intensities are based on a 55-year-old male, 85.9 kg and 175.6 cm tall (BMI 27) using a previously described formula6. | | | | | |