

PHYSICAL ACTIVITY LEVEL (PAL) CHART

Sedentary	Little to no exercise. Office work, driving, sitting for most of the day.	1 . 2
Lightly Active	Light exercise or sports 1-3 days per week. Jobs that involve frequent standing/walking.	1 . 375
Moderately Active	Moderate exercise or sports 3-5 days per week. Active movement throughout the day.	1 . 55
Very Active	Hard exercise or sports 6-7 days per week. Physically demanding job (construction, etc.).	1 . 725
Extra Active	Very hard exercise, physical labor, or athletic training twice a day.	1 . 9

Note: Total Daily Energy Expenditure (TDEE) = Basal Metabolic Rate (BMR) $\tilde{A}$ — PAL Multiplier.