

PAL

Physical Activity Level

SEDENTARY	LITTLE TO NO EXERCISE	PAL 1.2
LIGHTLY ACTIVE	LIGHT EXERCISE/SPORTS 1-3 DAYS/WEEK	PAL 1.375
MODERATELY ACTIVE	MODERATE EXERCISE/SPORTS 3-5 DAYS/WEEK	PAL 1.55
VERY ACTIVE	HARD EXERCISE/SPORTS 6-7 DAYS A WEEK	PAL 1.725
SUPER ACTIVE	VERY HARD EXERCISE & PHYSICAL JOB OR 2X TRAINING	PAL 1.9

Values Of Physical Activity

Michael Rajnik



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