



## *Activity Points*

The formula used to determine points for activity is  $T \times (M + P)$  where T is time, M is METS and P is perceived difficulty of the activity on a scale of 1 to 5.

Below are the METS scores for different activities: Using the formula, find the different points for the activities with a difficulty of 3 for 30 minutes, and 45 minutes.

Activity	METS score	30 minutes of activity	45 minutes of activity
Dancing (ballet, modern, jazz)	5	$30 \times (5+8) = 390$	$45 \times (5+8) = 585$
Basketball game	6	$30 \times (6+8) = 420$	$45 \times (6+8) = 630$
Bicycling (moderate effort)	8	$30 \times (8+8) = 480$	$45 \times (8+8) = 720$
Walking the dog	3	$30 \times (3+8) = 330$	$45 \times (3+8) = 495$
Roller skating	7	$30 \times (7+8) = 450$	$45 \times (7+8) = 675$
Laundry	2	$30 \times (2+8) = 300$	$45 \times (2+8) = 450$

1. Which activity will give you the most points?
2. Which activity are you most likely to do and why?