

Physical Activity Factors (PAF)

PAF	Activity Level	Example
1.2	Sedentary	Little or no exercise and desk job
1.375	Lightly Active	Light exercise or sports 1-3 days a week
1.55	Moderately Active	Moderate exercise or sports 3-5 days a week
1.725	Very Active	Hard exercise or sports 6-7 days a week
1.9	Extremely Active	Hard daily exercise or sports and physical job