

<b>Chester Step Test protocol and estimated METS</b>					
Stage	I	II	III	IV	V
Step rate per minute	15	20	25	30	35
Step height (metres)*	<b>METS</b>	<b>METS</b>	<b>METS</b>	<b>METS</b>	<b>METS</b>
0.15 m step	<b>3.14</b>	<b>4.00</b>	<b>5.14</b>	<b>6.00</b>	<b>7.14</b>
0.20 m step	<b>3.43</b>	<b>4.86</b>	<b>6.00</b>	<b>7.43</b>	<b>8.29</b>
0.25 m step	<b>4.00</b>	<b>5.43</b>	<b>6.86</b>	<b>8.00</b>	<b>9.43</b>
0.30 m step	<b>4.57</b>	<b>6.00</b>	<b>7.71</b>	<b>9.14</b>	<b>10.57</b>
<i>*Please note MET values differ significantly by step height</i>					