TheBody360 – Calories Per Activity Calculator

Name:_____ Current body weight in pounds:_____lbs Date: / /_

Activity	Calories per hour per pound (lb) of body weight	Your body weight in pounds (lbs)?	Your total calories burned per hour of activity
Cycling: 10 mph	2.7	_____ lbs	2.7 x_____lbs =_____cals
Gardening: hoe, dig	3.2	_____ lbs	3.2 x_____lbs =_____cals
Golf: walking, carrying a bag	2.3	_____ lbs	2.3 x_____lbs =_____cals
House cleaning	1.6	_____ lbs	1.6 x_____lbs =_____cals
Running: 6.5 mph	4.8	_____ lbs	4.8 x_____lbs =_____cals
Jumping rope	3.8	_____ lbs	3.8 x_____lbs =_____cals
Rowing machine	3.1	_____ lbs	3.1 x_____lbs =_____cals
Squash	4.3	_____ lbs	4.3 x_____lbs =_____cals
Swimming: slow crawl	3.5	_____ lbs	3.5 x_____lbs =_____cals
Football (soccer)	3.7	_____ lbs	3.7 x_____lbs =_____cals
Table tennis	1.9	_____ lbs	1.9 x_____lbs =_____cals
Tennis: singles	2.9	_____ lbs	2.9 x_____lbs =_____cals
Tennis: doubles	1.8	_____ lbs	1.8 x_____lbs =_____cals
Volleyball	2.2	_____ lbs	2.2 x_____lbs =_____cals
Walking: 3.5 mph (brisk pace)	1.9	_____ lbs	1.9 x_____lbs =_____cals
Water-skiing	3.0	_____ lbs	3.0 x_____lbs =_____cals