

Energy Expenditure Chart - in calories per minute

Adapted from Blair et al., *Active Living Everyday*, 2001

Activities	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	240 lb	260 lb	280 lb
Light									
Cleaning	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6
Playing Pool	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6
Walking, 30 min/mile	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6
Washing dishes	2.2	2.6	2.9	3.3	3.7	4.0	4.4	4.7	5.1
Moderate									
Aerobics, low impact	4.8	5.6	6.4	7.2	8.0	8.8	9.5	10.3	11.1
Cycling, 10 mph	3.9	4.5	5.1	5.7	6.4	7.0	7.6	8.3	8.9
Kayaking	4.8	5.6	6.4	7.2	8.0	8.8	9.5	10.3	11.1
Mopping, Vacuuming	3.4	3.9	4.5	5.0	5.6	6.1	6.7	7.2	7.8
Mowing lawn, power mower	4.3	5.0	5.7	6.5	7.2	7.9	8.6	9.3	10.0
Playing golf, no cart	3.9	4.5	5.1	5.7	6.4	7.0	7.6	8.3	8.9
Skateboarding	4.8	5.6	6.4	7.2	8.0	8.8	9.5	10.3	11.1
Snowmobiling	4.8	5.6	6.4	7.2	8.0	8.8	9.5	10.3	11.1
Walking, 15 min/mile	4.8	5.6	6.4	7.2	8.0	8.8	9.5	10.3	11.1
Walking, 20 min/mile	3.2	3.7	4.2	4.7	5.3	5.8	6.3	6.8	7.3
Water aerobics	4.3	5.0	5.7	6.5	7.2	7.9	8.6	9.3	10.0
Hard									
Aerobics, high impact	6.7	7.8	8.9	10.0	11.1	12.3	13.4	14.5	15.6
Circuit training	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8
Cross-country ski machine	6.7	7.8	8.9	10.0	11.1	12.3	13.4	14.5	15.6
Moving furniture	5.8	6.7	7.7	8.6	9.6	10.5	11.4	12.4	13.3
Playing raquetball, casual	6.7	7.8	8.9	10.0	11.1	12.3	13.4	14.5	15.6
Rowing, moderate	6.7	7.8	8.9	10.0	11.1	12.3	13.4	14.5	15.6
Skiing, downhill, moderate	5.8	6.7	7.7	8.6	9.6	10.5	11.4	12.4	13.3
Swimming laps, moderate	6.7	7.8	8.9	10.0	11.1	12.3	13.4	14.5	15.6
Weightlifting, vigorous	5.8	6.7	7.7	8.6	9.6	10.5	11.4	12.4	13.3
Very Hard									
Cycling, 12-14 mph	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8
Cycling, 16-19 mph	11.6	13.4	15.3	17.2	19.1	21.0	22.9	24.8	26.7
Cross-country ski	8.7	10.1	11.5	12.9	14.3	15.8	17.2	18.6	20.0
Mountain biking	8.2	9.5	10.9	12.2	13.5	14.9	16.2	17.6	18.9
Playing basketball	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8

Playing racquetball, competitive	9.6	11.2	12.8	14.4	15.9	17.5	19.1	20.7	22.2
Playing tennis	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8
Playing volleyball	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8
Rowing, vigorous	11.6	13.4	15.3	17.2	19.1	21.0	22.9	24.8	26.7
Running, 8 min/mile	12.0	14.0	16.0	17.9	19.9	21.9	23.8	25.8	27.8
Running, 10 min/mile	9.6	11.2	12.8	14.4	15.9	17.5	19.1	20.7	22.2
Stair climber machine	8.7	10.1	11.5	12.9	14.3	15.8	17.2	18.6	20.0
Step aerobics	8.2	9.5	10.9	12.2	13.5	14.9	16.2	17.6	18.9
Swimming, vigorous	10.6	12.3	14.1	15.8	17.5	19.3	21.0	22.7	24.4
Walking, 12 min/mile	7.7	9.0	10.2	11.5	12.7	14.0	15.3	16.5	17.8

Example based on a 140 lb. person:

Day Totals	Task/Activity	Intensity L-M-H	Mins. Physically Active	Calories Per minute	Total Calories
Monday 2/11	1. bike to/from campus	M	20 min x	4.5 cal/min	= 90 cal
		VH	30 min x	14 cal/min	= 420 cal
	2. Running (8 min/mile)	M	20 min x	3.7 cal/min	= 74 cal
		L	10 min x	2.6 cal/min	= 26 cal
	3. Walking on campus				
	4. Washing dishes				Total = 610
Tuesday 2/12	1. Cleaning	L	40 min x	2.8 cal/min	= 112 cal
		M	30 min x	7.8 cal/min	= 234 cal
	2. Racquetball (slow pace)				
	3. Walking on campus	M	20 min x	3.7 cal/min	= 74 cal
					Total = 420
					Total Calories = 1030