

| Exercise & Calories Burned per Hour | 130 lbs | 155 lbs | 180 lbs | 205 lbs |
|--|------------|------------|------------|------------|
| Aerobics, general | 384 | 457 | 531 | 605 |
| Aerobics, high impact | 413 | 493 | 572 | 651 |
| Aerobics, low impact | 295 | 352 | 409 | 465 |
| Aerobics, step aerobics | 502 | 598 | 695 | 791 |
| Archery | 207 | 246 | 286 | 326 |
| Backpacking, Hiking with pack | 413 | 493 | 572 | 651 |
| Badminton | 266 | 317 | 368 | 419 |
| Bagging grass, leaves | 236 | 281 | 327 | 372 |
| Bakery, light effort | 148 | 176 | 204 | 233 |
| Ballet, twist, jazz, tap | 266 | 317 | 368 | 419 |
| Ballroom dancing, fast | 325 | 387 | 449 | 512 |
| Ballroom dancing, slow | 177 | 211 | 245 | 279 |
| Basketball game, competitive | 472 | 563 | 654 | 745 |
| Basketball, playing, non game | 354 | 422 | 490 | 558 |
| Basketball, shooting baskets | 266 | 317 | 368 | 419 |
| Basketball, wheelchair | 384 | 457 | 531 | 605 |

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|--|-----|-----|-----|------|
| Bathing dog | 207 | 246 | 286 | 326 |
| Bird watching | 148 | 176 | 204 | 233 |
| Boating, power, speed boat | 148 | 176 | 204 | 233 |
| Bowling | 177 | 211 | 245 | 279 |
| Boxing, in ring | 708 | 844 | 981 | 1117 |
| Boxing, punching bag | 354 | 422 | 490 | 558 |
| Boxing, sparring | 531 | 633 | 735 | 838 |
| Calisthenics, light, pushups, situps... | 207 | 246 | 286 | 326 |
| Calisthenics, fast, pushups, situps... | 472 | 563 | 654 | 745 |
| Canoeing, camping trip | 236 | 281 | 327 | 372 |
| Canoeing, rowing, light | 177 | 211 | 245 | 279 |
| Canoeing, rowing, moderate | 413 | 493 | 572 | 651 |
| Canoeing, rowing, vigorous | 708 | 844 | 981 | 1117 |
| Carpentry, general | 207 | 246 | 286 | 326 |
| Carrying 16 to 24 lbs, upstairs | 354 | 422 | 490 | 558 |
| Carrying 25 to 49 lbs, upstairs | 472 | 563 | 654 | 745 |
| Carrying heavy loads | 472 | 563 | 654 | 745 |
| Carrying infant, level ground | 207 | 246 | 286 | 326 |

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|--|-----|-----|-----|------|
| Carrying infant, upstairs | 295 | 352 | 409 | 465 |
| Carrying moderate loads upstairs | 472 | 563 | 654 | 745 |
| Carrying small children | 177 | 211 | 245 | 279 |
| Children's games, hopscotch... | 295 | 352 | 409 | 465 |
| Circuit training, minimal rest | 472 | 563 | 654 | 745 |
| Cleaning gutters | 295 | 352 | 409 | 465 |
| Cleaning, dusting | 148 | 176 | 204 | 233 |
| Climbing hills, carrying up to 9 lbs | 413 | 493 | 572 | 651 |
| Climbing hills, carrying 10 to 20 lb | 443 | 528 | 613 | 698 |
| Climbing hills, carrying 21 to 42 lb | 472 | 563 | 654 | 745 |
| Climbing hills, carrying over 42 lb | 531 | 633 | 735 | 838 |
| Coaching: football, basketball, soccer | 236 | 281 | 327 | 372 |
| Coal mining, general | 354 | 422 | 490 | 558 |
| Construction, exterior, remodeling | 325 | 387 | 449 | 512 |
| Crew, sculling, rowing, competition | 708 | 844 | 981 | 1117 |
| Cricket (batting, bowling) | 295 | 352 | 409 | 465 |

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|--------------------------------------|-----|------|------|------|
| Croquet | 148 | 176 | 204 | 233 |
| Cross country snow skiing, slow | 413 | 493 | 572 | 651 |
| Cross country skiing, moderate | 472 | 563 | 654 | 745 |
| Cross country skiing, racing | 826 | 985 | 1144 | 1303 |
| Cross country skiing, uphill | 974 | 1161 | 1348 | 1536 |
| Cross country skiing, vigorous | 531 | 633 | 735 | 838 |
| Curling | 236 | 281 | 327 | 372 |
| Cycling, <10mph, leisure bicycling | 236 | 281 | 327 | 372 |
| Cycling, >20mph, racing | 944 | 1126 | 1308 | 1489 |
| Cycling, 10-11.9mph, light | 354 | 422 | 490 | 558 |
| Cycling, 12-13.9mph, moderate | 472 | 563 | 654 | 745 |
| Cycling, 14-15.9mph, vigorous | 590 | 704 | 817 | 931 |
| Cycling, 16-19mph, very fast, racing | 708 | 844 | 981 | 1117 |
| Cycling, mountain bike, bmx | 502 | 598 | 695 | 791 |
| Darts (wall or lawn) | 148 | 176 | 204 | 233 |
| Diving, springboard or platform | 177 | 211 | 245 | 279 |

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|--|-----|-----|-----|------|
| Downhill snow skiing, moderate | 354 | 422 | 490 | 558 |
| Downhill snow skiing, racing | 472 | 563 | 654 | 745 |
| Electrical work, plumbing | 207 | 246 | 286 | 326 |
| Farming, baling hay, cleaning barn | 472 | 563 | 654 | 745 |
| Farming, chasing cattle on horseback | 236 | 281 | 327 | 372 |
| Farming, feeding horses or cattle | 266 | 317 | 368 | 419 |
| Farming, feeding small animals | 236 | 281 | 327 | 372 |
| Farming, grooming animals | 354 | 422 | 490 | 558 |
| Fencing | 354 | 422 | 490 | 558 |
| Fire fighter, climbing ladder, full gear | 649 | 774 | 899 | 1024 |
| Fire fighter, hauling hoses on ground | 472 | 563 | 654 | 745 |
| Fishing from boat, sitting | 148 | 176 | 204 | 233 |
| Fishing from riverbank, standing | 207 | 246 | 286 | 326 |
| Fishing from riverbank, walking | 236 | 281 | 327 | 372 |
| Fishing in stream, in waders | 354 | 422 | 490 | 558 |
| Fishing, general | 177 | 211 | 245 | 279 |

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|--|------|------|------|------|
| Fishing, ice fishing | 118 | 141 | 163 | 186 |
| Flying airplane (pilot) | 118 | 141 | 163 | 186 |
| Football or baseball, playing catch | 148 | 176 | 204 | 233 |
| Football, competitive | 531 | 633 | 735 | 838 |
| Football, touch, flag, general | 472 | 563 | 654 | 745 |
| Forestry, ax chopping, fast | 1003 | 1196 | 1389 | 1582 |
| Forestry, ax chopping, slow | 295 | 352 | 409 | 465 |
| Forestry, carrying logs | 649 | 774 | 899 | 1024 |
| Forestry, sawing by hand | 413 | 493 | 572 | 651 |
| Forestry, trimming trees | 531 | 633 | 735 | 838 |
| Frisbee playing, general | 177 | 211 | 245 | 279 |
| Frisbee, ultimate frisbee | 472 | 563 | 654 | 745 |
| Gardening, general | 236 | 281 | 327 | 372 |
| General cleaning | 207 | 246 | 286 | 326 |
| Golf, driving range | 177 | 211 | 245 | 279 |
| Golf, general | 266 | 317 | 368 | 419 |
| Golf, miniature golf | 177 | 211 | 245 | 279 |
| Golf, using power cart | 207 | 246 | 286 | 326 |

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|----------------------------------|-----|-----|-----|------|
| Golf, walking and pulling clubs | 254 | 303 | 351 | 400 |
| Golf, walking and carrying clubs | 266 | 317 | 368 | 419 |
| Gymnastics | 236 | 281 | 327 | 372 |
| Hacky sack | 236 | 281 | 327 | 372 |
| Handball | 708 | 844 | 981 | 1117 |
| Handball, team | 472 | 563 | 654 | 745 |
| Health club exercise | 325 | 387 | 449 | 512 |
| Hiking, cross country | 354 | 422 | 490 | 558 |
| Hockey, field hockey | 472 | 563 | 654 | 745 |
| Hockey, ice hockey | 472 | 563 | 654 | 745 |
| Horesback riding, saddling horse | 207 | 246 | 286 | 326 |
| Horse grooming | 354 | 422 | 490 | 558 |
| Horse racing, galloping | 472 | 563 | 654 | 745 |
| Horse racing, trotting | 384 | 457 | 531 | 605 |
| Horse racing, walking | 153 | 183 | 212 | 242 |
| Horseback riding | 236 | 281 | 327 | 372 |
| Horseback riding, grooming horse | 207 | 246 | 286 | 326 |
| Horseback riding, trotting | 384 | 457 | 531 | 605 |
| Horseback riding, walking | 148 | 176 | 204 | 233 |

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|-------------------------------------|-----|-----|-----|------|
| Horseshoe pitching | 177 | 211 | 245 | 279 |
| Housework, light | 148 | 176 | 204 | 233 |
| Housework, moderate | 207 | 246 | 286 | 326 |
| Housework, vigorous | 236 | 281 | 327 | 372 |
| Hunting, general | 295 | 352 | 409 | 465 |
| Hunting, large game | 354 | 422 | 490 | 558 |
| Hunting, small game | 295 | 352 | 409 | 465 |
| Ice skating, < 9 mph | 325 | 387 | 449 | 512 |
| Ice skating, average speed | 413 | 493 | 572 | 651 |
| Ice skating, rapidly | 531 | 633 | 735 | 838 |
| Instructing aerobic class | 354 | 422 | 490 | 558 |
| Jai alai | 708 | 844 | 981 | 1117 |
| Jazzercise | 354 | 422 | 490 | 558 |
| Judo, karate, jujitsu, martial arts | 590 | 704 | 817 | 931 |
| Juggling | 236 | 281 | 327 | 372 |
| Jumping rope, fast | 708 | 844 | 981 | 1117 |
| Jumping rope, moderate | 590 | 704 | 817 | 931 |
| Jumping rope, slow | 472 | 563 | 654 | 745 |
| Kayaking | 295 | 352 | 409 | 465 |
| Kick boxing | 590 | 704 | 817 | 931 |
| Kickball | 413 | 493 | 572 | 651 |
| Krav maga class | 590 | 704 | 817 | 931 |
| Lacrosse | 472 | 563 | 654 | 745 |

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|------------------------------------|-----|-----|-----|-----|
| Loading, unloading car | 177 | 211 | 245 | 279 |
| Machine tooling, sheet metal | 148 | 176 | 204 | 233 |
| Machine tooling, tapping, drilling | 236 | 281 | 327 | 372 |
| Marching band, playing instrument | 236 | 281 | 327 | 372 |
| Marching, rapidly, military | 384 | 457 | 531 | 605 |
| Masonry, concrete | 413 | 493 | 572 | 651 |
| Masseur, masseuse, standing | 236 | 281 | 327 | 372 |
| Mild stretching | 148 | 176 | 204 | 233 |
| Moving heavy objects, moving van | 443 | 528 | 613 | 698 |
| Mowing lawn, riding mower | 148 | 176 | 204 | 233 |
| Mowing lawn, walk, power mower | 325 | 387 | 449 | 512 |
| Music, playing a cello | 118 | 141 | 163 | 186 |
| Music, playing drums | 236 | 281 | 327 | 372 |
| Music, playing guitar | 177 | 211 | 245 | 279 |
| Music, playing piano | 148 | 176 | 204 | 233 |
| Music, playing trombone | 207 | 246 | 286 | 326 |

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|---|-----|-----|-----|-----|
| Music, playing trumpet | 148 | 176 | 204 | 233 |
| Music, playing violin | 148 | 176 | 204 | 233 |
| Nursing, patient care | 177 | 211 | 245 | 279 |
| Orienteering | 531 | 633 | 735 | 838 |
| Paddle boat | 236 | 281 | 327 | 372 |
| Paddleball, competitive | 590 | 704 | 817 | 931 |
| Paddleball, playing | 354 | 422 | 490 | 558 |
| Painting | 266 | 317 | 368 | 419 |
| Pistol shooting, trap shooting, range | 148 | 176 | 204 | 233 |
| Playing pool, billiards | 148 | 176 | 204 | 233 |
| Police, directing traffic, standing | 148 | 176 | 204 | 233 |
| Police, making an arrest | 236 | 281 | 327 | 372 |
| Polo | 472 | 563 | 654 | 745 |
| Pushing a wheelchair | 236 | 281 | 327 | 372 |
| Pushing plane in and out of hanger | 354 | 422 | 490 | 558 |
| Pushing stroller, walking with children | 148 | 176 | 204 | 233 |
| Race walking | 384 | 457 | 531 | 605 |
| Racquetball, competitive | 590 | 704 | 817 | 931 |

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|-------------------------------------|-----|-----|-----|------|
| Racquetball, playing | 413 | 493 | 572 | 651 |
| Raking lawn | 254 | 303 | 351 | 400 |
| Riding motorcycle | 148 | 176 | 204 | 233 |
| Riding, snow blower | 177 | 211 | 245 | 279 |
| Rock climbing, ascending rock | 649 | 774 | 899 | 1024 |
| Rock climbing, mountain climbing | 472 | 563 | 654 | 745 |
| Rock climbing, rappelling | 472 | 563 | 654 | 745 |
| Roller blading, in-line skating | 708 | 844 | 981 | 1117 |
| Roller skating | 413 | 493 | 572 | 651 |
| Rowing machine, light | 207 | 246 | 286 | 326 |
| Rowing machine, moderate | 413 | 493 | 572 | 651 |
| Rowing machine, very vigorous | 708 | 844 | 981 | 1117 |
| Rowing machine, vigorous | 502 | 598 | 695 | 791 |
| Rugby | 590 | 704 | 817 | 931 |
| Running, 5 mph (12 minute mile) | 472 | 563 | 654 | 745 |
| Running, 5.2 mph (11.5 minute mile) | 531 | 633 | 735 | 838 |
| Running, 6 mph (10 min mile) | 590 | 704 | 817 | 931 |

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|--|------|------|------|------|
| Running, 6.7 mph (9 min mile) | 649 | 774 | 899 | 1024 |
| Running, 7 mph (8.5 min mile) | 679 | 809 | 940 | 1070 |
| Running, 7.5mph (8 min mile) | 738 | 880 | 1022 | 1163 |
| Running, 8 mph (7.5 min mile) | 797 | 950 | 1103 | 1256 |
| Running, 8.6 mph (7 min mile) | 826 | 985 | 1144 | 1303 |
| Running, 9 mph (6.5 min mile) | 885 | 1056 | 1226 | 1396 |
| Running, 10 mph (6 min mile) | 944 | 1126 | 1308 | 1489 |
| Running, 10.9 mph (5.5 min mile) | 1062 | 1267 | 1471 | 1675 |
| Running, cross country | 531 | 633 | 735 | 838 |
| Running, general | 472 | 563 | 654 | 745 |
| Running, on a track, team practice | 590 | 704 | 817 | 931 |
| Running, stairs, up | 885 | 1056 | 1226 | 1396 |
| Running, training, pushing wheelchair | 472 | 563 | 654 | 745 |
| Sailing, competition | 295 | 352 | 409 | 465 |
| Sailing, yachting, ocean sailing | 177 | 211 | 245 | 279 |
| Shoveling snow by hand | 354 | 422 | 490 | 558 |
| Shoveling, digging ditches | 502 | 598 | 695 | 791 |

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|-------------------------------------|-----|------|------|------|
| Shuffleboard, lawn bowling | 177 | 211 | 245 | 279 |
| Sit, playing with animals, light | 148 | 176 | 204 | 233 |
| Sitting, light office work | 89 | 106 | 123 | 140 |
| Skateboarding | 295 | 352 | 409 | 465 |
| Ski machine | 413 | 493 | 572 | 651 |
| Ski mobiling | 413 | 493 | 572 | 651 |
| Skiing, water skiing | 354 | 422 | 490 | 558 |
| Skin diving, fast | 944 | 1126 | 1308 | 1489 |
| Skin diving, moderate | 738 | 880 | 1022 | 1163 |
| Skin diving, scuba diving | 413 | 493 | 572 | 651 |
| Skindiving or scuba diving | 708 | 844 | 981 | 1117 |
| Sky diving | 177 | 211 | 245 | 279 |
| Sledding, tobogganing, luge | 413 | 493 | 572 | 651 |
| Snorkeling | 295 | 352 | 409 | 465 |
| Snow shoeing | 472 | 563 | 654 | 745 |
| Snow skiing, downhill skiing, light | 295 | 352 | 409 | 465 |
| Snowmobiling | 207 | 246 | 286 | 326 |
| Soccer, competitive | 590 | 704 | 817 | 931 |
| Soccer, playing | 413 | 493 | 572 | 651 |
| Softball or baseball | 295 | 352 | 409 | 465 |
| Softball, officiating | 236 | 281 | 327 | 372 |

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|--|-----|------|------|------|
| Softball, pitching | 354 | 422 | 490 | 558 |
| Speed skating, ice, competitive | 885 | 1056 | 1226 | 1396 |
| Squash | 708 | 844 | 981 | 1117 |
| Stair machine | 531 | 633 | 735 | 838 |
| Standing, bartending, store clerk | 136 | 162 | 188 | 214 |
| Standing, playing with children, light | 165 | 197 | 229 | 261 |
| Stationary cycling, light | 325 | 387 | 449 | 512 |
| Stationary cycling, moderate | 413 | 493 | 572 | 651 |
| Stationary cycling, very light | 177 | 211 | 245 | 279 |
| Stationary cycling, very vigorous | 738 | 880 | 1022 | 1163 |
| Stationary cycling, vigorous | 620 | 739 | 858 | 977 |
| Steel mill, working in general | 472 | 563 | 654 | 745 |
| Stretching, hatha yoga | 236 | 281 | 327 | 372 |
| Surfing, body surfing or board surfing | 177 | 211 | 245 | 279 |
| Swimming backstroke | 413 | 493 | 572 | 651 |
| Swimming breaststroke | 590 | 704 | 817 | 931 |

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|--------------------------------------|-----|-----|-----|------|
| Swimming butterfly | 649 | 774 | 899 | 1024 |
| Swimming laps, freestyle, fast | 590 | 704 | 817 | 931 |
| Swimming laps, freestyle, slow | 413 | 493 | 572 | 651 |
| Swimming leisurely, not laps | 354 | 422 | 490 | 558 |
| Swimming sidestroke | 472 | 563 | 654 | 745 |
| Swimming synchronized | 472 | 563 | 654 | 745 |
| Swimming, treading water, fast | 590 | 704 | 817 | 931 |
| Swimming, treading water, moderate | 236 | 281 | 327 | 372 |
| Table tennis, ping pong | 236 | 281 | 327 | 372 |
| Tae kwan do, martial arts | 590 | 704 | 817 | 931 |
| Tai chi | 236 | 281 | 327 | 372 |
| Tailoring, general | 148 | 176 | 204 | 233 |
| Taking out trash | 177 | 211 | 245 | 279 |
| Teach exercise class (& participate) | 384 | 457 | 531 | 605 |
| Teach physical education class | 236 | 281 | 327 | 372 |
| Tennis playing | 413 | 493 | 572 | 651 |
| Tennis, doubles | 354 | 422 | 490 | 558 |
| Tennis, singles | 472 | 563 | 654 | 745 |

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|---|-----|-----|-----|-----|
| Track and field (high jump, pole vault) | 354 | 422 | 490 | 558 |
| Track and field (hurdles) | 590 | 704 | 817 | 931 |
| Track and field (shot, discus) | 236 | 281 | 327 | 372 |
| Trampoline | 207 | 246 | 286 | 326 |
| Truck driving, loading,unloading truck | 384 | 457 | 531 | 605 |
| Typing, computer data entry | 89 | 106 | 123 | 140 |
| Unicycling | 295 | 352 | 409 | 465 |
| Using crutches | 295 | 352 | 409 | 465 |
| Volleyball playing | 177 | 211 | 245 | 279 |
| Volleyball, beach | 472 | 563 | 654 | 745 |
| Volleyball, competitive | 472 | 563 | 654 | 745 |
| Walk / run, playing, moderate | 236 | 281 | 327 | 372 |
| Walk / run, playing, vigorous | 295 | 352 | 409 | 465 |
| Walking 2.0 mph, slow | 148 | 176 | 204 | 233 |
| Walking 2.5 mph | 177 | 211 | 245 | 279 |
| Walking 3.0 mph, moderate | 195 | 232 | 270 | 307 |
| Walking 3.5 mph, brisk pace | 224 | 267 | 311 | 354 |

| | | | | |
|---|-----|-----|-----|-----|
| Walking 3.5 mph, uphill | 354 | 422 | 490 | 558 |
| Walking 4.0 mph, very brisk | 295 | 352 | 409 | 465 |
| Walking 4.5 mph | 372 | 443 | 515 | 586 |
| Walking 5.0 mph | 472 | 563 | 654 | 745 |
| Walking downstairs | 177 | 211 | 245 | 279 |
| Walking the dog | 177 | 211 | 245 | 279 |
| Walking, pushing a wheelchair | 236 | 281 | 327 | 372 |
| Walking, snow blower | 207 | 246 | 286 | 326 |
| Walking, under 2.0 mph, very slow | 118 | 141 | 163 | 186 |
| Wallyball | 413 | 493 | 572 | 651 |
| Water aerobics | 236 | 281 | 327 | 372 |
| Water aerobics, water calisthenics | 236 | 281 | 327 | 372 |
| Water jogging | 472 | 563 | 654 | 745 |
| Water polo | 590 | 704 | 817 | 931 |
| Water volleyball | 177 | 211 | 245 | 279 |
| Watering lawn or garden | 89 | 106 | 123 | 140 |
| Weeding, cultivating garden | 266 | 317 | 368 | 419 |
| Weight lifting, body building, vigorous | 354 | 422 | 490 | 558 |
| Weight lifting, light workout | 177 | 211 | 245 | 279 |

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|---|-----|-----|-----|-----|
| Whitewater rafting, kayaking, canoeing | 295 | 352 | 409 | 465 |
| Windsurfing, sailing | 177 | 211 | 245 | 279 |
| Wrestling | 354 | 422 | 490 | 558 |