

Calories Burned Worksheet

March 25, 2009

Convert kg to lb

Enter weight in kg:

Weight in lbs

Activity (alphabetical)	Calories burned per pound per minute	Your exact weight in pounds	Total calories burned per minute	Minutes of activity	Total calories burned
Aerobics	0.0450		0.00		0.00
Aerobics, high impact	0.0664		0.00		0.00
Aerobics, low impact	0.0474		0.00		0.00
Aerobics, water	0.0379		0.00		0.00
Ascending	0.0830		0.00		0.00
Backpacking	0.0664		0.00		0.00
Badminton	0.0710		0.00		0.00
Ballet	0.0380		0.00		0.00
BallroomDance	0.0340		0.00		0.00
Basketball	0.0450		0.00		0.00
Basketball game	0.0758		0.00		0.00
BeachVolleyball	0.0640		0.00		0.00
Bicycling (5.5 mph)	0.0290		0.00		0.00
Bicycling (9.5 mph)	0.0450		0.00		0.00
Bicycling, < 10 mph, leisure	0.0379		0.00		0.00
Bowling	0.0284		0.00		0.00
BrushingTeeth	0.0190		0.00		0.00
Canoeing	0.0332		0.00		0.00
CCSki	0.0610		0.00		0.00
Climbing hills (no load)	0.0550		0.00		0.00
Climbing hills (with 22 lb. load)	0.0640		0.00		0.00
Climbing hills (with 9 lb. load)	0.0580		0.00		0.00

Cooking	0.0220		0.00		0.00
Dance, Aerobic, intense	0.0610		0.00		0.00
Dance, Aerobic, medium	0.0460		0.00		0.00
Dancing	0.0380		0.00		0.00
Dancing, ballroom	0.0284		0.00		0.00
DiscoDancing	0.0460		0.00		0.00
DownhillSki	0.0490		0.00		0.00
Dusting	0.0177		0.00		0.00
Football	0.0610		0.00		0.00
Football, touch, flag, general	0.0758		0.00		0.00
Football, touch, flag, general	0.0758		0.00		0.00
Frisbee	0.0240		0.00		0.00
Furniture	0.0500		0.00		0.00
Gardening	0.0360		0.00		0.00
Golf	0.0290		0.00		0.00
Golfing, carrying clubs	0.0427		0.00		0.00
Grocery shopping	0.0280		0.00		0.00
Handball	0.0780		0.00		0.00
Hiking	0.0569		0.00		0.00
Horseback	0.0320		0.00		0.00
Housecleaning	0.0480		0.00		0.00
Ice skating	0.0664		0.00		0.00
IceHockey	0.0520		0.00		0.00
IceSkate	0.0460		0.00		0.00
IndoorSki	0.0720		0.00		0.00
Ironing	0.0170		0.00		0.00
Jogging, 5 mph	0.0758		0.00		0.00
Jumping Rope (125 jumps per minute)	0.0800		0.00		0.00
Jumping Rope (145 jumps per minute)	0.0890		0.00		0.00
Jumping Rope (70 jumps per minute)	0.0740		0.00		0.00
Karate	0.0490		0.00		0.00
Kickboxing	0.0800		0.00		0.00
Kicking	0.0520		0.00		0.00

Lacrosse	0.0520		0.00		0.00
Laundry	0.0160		0.00		0.00
MakingTheBed	0.0160		0.00		0.00
Mopping	0.0340		0.00		0.00
Mowing the lawn	0.0510		0.00		0.00
Painting	0.0380		0.00		0.00
Piano	0.0210		0.00		0.00
PingPong	0.0300		0.00		0.00
PreparingDinner	0.0164		0.00		0.00
Racquetball	0.0810		0.00		0.00
Racquetball, casual, general	0.0664		0.00		0.00
Rafting	0.0400		0.00		0.00
Raking	0.0380		0.00		0.00
Raking leaves	0.0250		0.00		0.00
Repelling	0.0610		0.00		0.00
Rollerblading	0.1185		0.00		0.00
Rope jumping	0.0948		0.00		0.00
Rowing	0.0800		0.00		0.00
Rowing, stationary	0.0664		0.00		0.00
Rugby	0.0760		0.00		0.00
Running 5 mph (12 min mile)	0.0737		0.00		0.00
Running 6 mph (10 min mile)	0.0922		0.00		0.00
Running 7 mph (8.5 min mile)	0.1060		0.00		0.00
Running 8 mph	0.1280		0.00		0.00
Running 9 mph (6.5 min mile)	0.1382		0.00		0.00
Running 10 mph (6 min mile)	0.1474		0.00		0.00
Running 8-minute mile	0.0950		0.00		0.00
Running 9-minute mile	0.0870		0.00		0.00
Running, cross country	0.0829		0.00		0.00
Running, general	0.0737		0.00		0.00
Running, in place	0.0737		0.00		0.00
Running, on a track, team practice	0.0922		0.00		0.00
Running, stairs, up	0.1382		0.00		0.00

Running, training, pushing wheelchair	0.0737		0.00		0.00
Running, wheeling, general	0.0276		0.00		0.00
Sailing, boat/board, windsurfing, general	0.0276		0.00		0.00
Sailing, in competition	0.0461		0.00		0.00
Scrubbing floors, on hands and knees	0.0507		0.00		0.00
Shoveling	0.0450		0.00		0.00
Shoveling snow, by hand	0.0553		0.00		0.00
Shuffleboard, lawn bowling	0.0276		0.00		0.00
Sitting Still	0.0090		0.00		0.00
Sitting-playing with child(ren)-light	0.0231		0.00		0.00
Skateboarding	0.0461		0.00		0.00
Skating, ice, 9 mph or less	0.0507		0.00		0.00
Skating, ice, general	0.0645		0.00		0.00
Skating, ice, rapidly, > 9 mph	0.0829		0.00		0.00
Skating, ice, speed, competitive	0.1382		0.00		0.00
Skating, roller	0.0645		0.00		0.00
Ski jumping (climb up carrying skis)	0.0645		0.00		0.00
Ski machine, general	0.0876		0.00		0.00
Skiing, cross-country	0.0664		0.00		0.00
Skiing, cross-country, >8.0 mph, racing	0.1290		0.00		0.00
Skiing, cross-country, moderate effort	0.0737		0.00		0.00
Skiing, cross-country, slow or light effort	0.0645		0.00		0.00
Skiing, cross-country, uphill	0.1250		0.00		0.00
Skiing, cross-country, uphill, maximum effort	0.1521		0.00		0.00
Skiing, cross-country, vigorous effort	0.0829		0.00		0.00
Skiing, cross-country, walking	0.0650		0.00		0.00
Skiing, downhill	0.0474		0.00		0.00
Skiing, downhill, light effort	0.0461		0.00		0.00
Skiing, downhill, moderate effort	0.0553		0.00		0.00
Skiing, downhill, vigorous effort, racing	0.0737		0.00		0.00
Skiing, snow, general	0.0645		0.00		0.00
Skiing, water	0.0553		0.00		0.00
Ski-mobiling, water	0.0645		0.00		0.00

Skin diving, scuba diving, general	0.0645		0.00		0.00
Sledding, tobogganing, bobsledding, luge	0.0645		0.00		0.00
Snorkeling	0.0461		0.00		0.00
Snow shoeing	0.0737		0.00		0.00
Snowmobiling	0.0323		0.00		0.00
Snowshoeing, soft snow	0.0750		0.00		0.00
Soccer	0.0520		0.00		0.00
Soccer, casual, general	0.0645		0.00		0.00
Soccer, competitive	0.0922		0.00		0.00
Softball or baseball, fast or slow pitch	0.0461		0.00		0.00
Softball, officiating	0.0553		0.00		0.00
Spinning	0.0530		0.00		0.00
Squash	0.1106		0.00		0.00
Squats	0.0960		0.00		0.00
Stacking	0.0460		0.00		0.00
Stair treadmill	0.0853		0.00		0.00
Stairclimbing	0.0680		0.00		0.00
Stair-treadmill ergometer, general	0.0553		0.00		0.00
Standing-packing/unpacking boxes	0.0323		0.00		0.00
Stretching, hatha yoga	0.0368		0.00		0.00
Stroll	0.0230		0.00		0.00
Surfing	0.0230		0.00		0.00
Surfing, body or board	0.0276		0.00		0.00
Sweeping	0.0188		0.00		0.00
Sweeping garage, sidewalk	0.0368		0.00		0.00
Swimming	0.0670		0.00		0.00
Swimming laps, freestyle, fast, vigorous effort	0.0922		0.00		0.00
Swimming laps, freestyle, light, moderate effort	0.0737		0.00		0.00
Swimming, backstroke, general	0.0737		0.00		0.00
Swimming, breast stroke, fast	0.0740		0.00		0.00
Swimming, breaststroke, general	0.0922		0.00		0.00
Swimming, butterfly, general	0.1014		0.00		0.00
Swimming, crawl, fast	0.0710		0.00		0.00

Swimming, crawl, slow	0.0580		0.00		0.00
Swimming, laps	0.0664		0.00		0.00
Swimming, leisurely, general	0.0553		0.00		0.00
Swimming, sidestroke, general	0.0737		0.00		0.00
Swimming, sychronized	0.0737		0.00		0.00
Swimming, treading water, fast/vigorous	0.0922		0.00		0.00
Swimming, treading water, moderate effort	0.0368		0.00		0.00
SwingDancing	0.0300		0.00		0.00
Table tennis	0.0310		0.00		0.00
Tae kwon do	0.0948		0.00		0.00
Tai chi	0.0379		0.00		0.00
Tennis	0.0610		0.00		0.00
Tennis, doubles	0.0553		0.00		0.00
Tennis, general	0.0645		0.00		0.00
Tennis, singles	0.0758		0.00		0.00
Unicycling	0.0461		0.00		0.00
Vacuuming	0.0188		0.00		0.00
Volleyball	0.0379		0.00		0.00
Volleyball, beach	0.0737		0.00		0.00
Volleyball, competitive, in gymnasium	0.0368		0.00		0.00
Volleyball, noncompetitive; 6-9 member team	0.0276		0.00		0.00
Walk/run-playing with child(ren)-moderate	0.0368		0.00		0.00
Walk/run-playing with child(ren)-vigorous	0.0461		0.00		0.00
WalkDog	0.0330		0.00		0.00
Walking, 2.0 mph, slow pace	0.0231		0.00		0.00
Walking, 3.0 mph, mod. pace, walking dog	0.0323		0.00		0.00
Walking, 3.5 mph	0.0360		0.00		0.00
Walking, 3.5 mph, uphill	0.0553		0.00		0.00
Walking, 4.0 mph, very brisk pace	0.0368		0.00		0.00
Walking, carrying infant or 15-lb load	0.0323		0.00		0.00
Walking, grass track	0.0461		0.00		0.00
Walking, normal pace, asphalt road	0.0360		0.00		0.00
Walking, normal pace, fields & hills	0.0370		0.00		0.00

Walking, upstairs	0.0737		0.00		0.00
Walking, using crutches	0.0368		0.00		0.00
WalkStroller	0.0330		0.00		0.00
Wallyball, general	0.0645		0.00		0.00
WashingCar	0.0340		0.00		0.00
WashingDishes	0.0170		0.00		0.00
WashingWindows	0.0340		0.00		0.00
WatchingTV	0.0080		0.00		0.00
Water aerobics, water calisthenics	0.0368		0.00		0.00
Water polo	0.0922		0.00		0.00
Water volleyball	0.0276		0.00		0.00
WaterAerobics	0.0320		0.00		0.00
WaterPolo	0.0800		0.00		0.00
WaterSkiing	0.0480		0.00		0.00
Weeding	0.0330		0.00		0.00
Weight lifting or body building, vigorous effort	0.0553		0.00		0.00
Weight lifting, light or moderate effort	0.0276		0.00		0.00
Weight training, circuit training	0.0420		0.00		0.00
Weight training, free weights	0.0390		0.00		0.00
WeightLifting	0.0230		0.00		0.00
Weightlifting, free weight, Nautilus or universal type	0.0284		0.00		0.00
Whitewater rafting, kayaking, or canoeing	0.0461		0.00		0.00
WorkingOut	0.0420		0.00		0.00
Yoga	0.0400		0.00		0.00

TOTALS 0.00 0.00