

Energy Expenditure Chart

Activity	Calories		Minutes	Total Calories
	per minute			
Basketball	7	X		
Weight Lifting	4	X		
Playing Video Games	1	X		
Cleaning	3	X		
Cooking	2	X		
Cycling	3	X		
Dancing	5	X		
Eating	1	X		
Watching T.V.	1	X		
Football	7	X		
Golf	4	X		
Gymnastics	3	X		
Fishing	3	X		
Skateboarding	6	X		
Mowing	6	X		
Bowling	3	X		
Sitting in Class	1	X		
Writing	2	X		
Playing the Piano	2	X		
Running	10	X		
Snow Skiing	5	X		
Swimming	6	X		
Tennis	6	X		
Playing Computer	1	X		
Volleyball	3	X		
Walking	4	X		
Racquetball	9	X		
Your Total				

Total must add up to: 720 Minutes 1000 Calories