

ACTIVITY TABLE WITH CALORIE EXPENDITURE

ACTIVITY	MINUTES							
	1	10	20	30	40	50	60	90
Sleeping	1.4	14	27	41	54	68	81	122
Sitting, reading	1.4	14	27	41	54	68	81	122
Sitting, talking	2	20	41	61	81	102	122	183
Dressing or Washing	3.5	35	70	106	141	176	211	317
Standing	1.6	16	33	49	65	81	98	146
Walking Downstairs	7.6	76	152	228	304	380	456	684
Walking Upstairs	19.8	198	396	594	793	991	1189	1783
Walking, 30 min/mile	3.9	39	79	118	158	197	236	355
Walking, 15 min/mile	7.1	71	141	212	282	353	423	635
Jogging, 10.9 min/mile	12.2	122	244	367	489	611	733	1100
Running, 8.6 min/mile	16	160	320	480	641	801	961	1441
Sprinting, 5 min/mile	22.3	223	445	668	890	1113	1335	2003
Cycling, 10.9 min/mile	5.7	57	114	171	228	285	342	513
Cycling, 4.6 min/mile	12.1	121	242	362	483	604	725	1087
Domestic work	4.6	46	92	139	185	231	277	416
Making beds	4.3	43	87	130	174	217	260	391
Washing floors	5.2	52	103	155	206	258	309	464
Washing windows	4.7	47	95	142	190	237	285	427
Dusting	3	30	60	90	119	149	179	269
Preparing a meal	4.3	43	87	130	174	217	260	391
Shoveling snow	8.8	88	177	265	353	442	530	795
Light gardening	4.1	41	81	122	163	204	244	366
Weeding garden	6.7	67	133	200	266	333	399	599
Mowing grass, power	4.6	46	92	139	185	231	277	416
Mowing grass, manual	5.2	52	103	155	206	258	309	464
Sitting writing	2	20	41	61	81	102	122	183
Light office work	3.4	34	68	102	136	170	204	305
Standing, light work	2.7	27	54	81	109	136	163	244
Typing 40 wds/min	2.6	26	52	77	103	129	155	232
Factory assembly work	2.7	27	54	81	109	136	163	244
Auto repair	4.7	47	95	142	190	237	285	427
Carpentry	4.3	43	87	130	174	217	260	391
Brick-laying	3.8	38	76	114	152	190	228	342
Farming chores	4.3	43	87	130	174	217	260	391
House painting	3.9	39	79	118	158	197	236	355
Pick and shovel work	7.6	76	152	228	304	380	456	684
Chopping wood	8.1	81	163	244	326	407	488	733
Dragging logs	21.4	214	429	643	858	1072	1287	1930
Drilling coal	10.7	107	214	322	429	536	643	965
Aerobics, continous	14.9	149	299	448	597	747	896	1344
Badminton, volleyball	5.8	58	117	175	233	292	350	525
Baseball (not pitcher)	5.3	53	106	159	212	265	318	477
Basketball	7.9	79	157	236	315	394	472	708
Bowling, nonstop	7.6	76	152	228	304	380	456	684
Canoeing, 4 mph	12.2	122	244	367	489	611	733	1100
Dancing, moderate	4.7	47	95	142	190	237	285	427
Dancing, vigorous	6.5	65	130	195	261	326	391	586
Football	9.4	94	187	281	375	468	562	843
Golfing	4.5	45	90	134	179	224	269	403
Handball, squash	8.6	86	171	257	342	428	513	770
Horseback riding	7.6	76	152	228	304	380	456	684
Ping pong	4.3	43	87	130	174	217	260	391
Racquetball	15.5	155	309	464	619	774	928	1393
Skating	5	50	100	151	201	251	301	452
Skiing, alpine	10.9	109	217	326	434	543	651	977
Skiing, water	8.1	81	163	244	326	407	488	733
Skiing, cross country	13.3	133	266	399	532	665	798	1197
Swim, back, 20 yd/min	4.3	43	87	130	174	217	260	391
Swim, crawl, 20 yd/min	5.4	54	109	163	217	271	326	488
Tennis	7.6	76	152	228	304	380	456	684