

Physical Activity Calories Per Minute

ACTIVITY LEVEL

	LOW	MEDIUM	HIGH	VERY HIGH
Your Weight	Raking, gardening, golf (no cart), baseball	Walking, mowing, tennis, weight lifting, biking, light aerobics	Moderate jogging, stair machine, racketball, swimming	Fast jogging, stair climbing cross-country skiing, jumping rope,
140 Lbs.	1 cal/min	5 cal/min	9 cal/min	13 cal/min
160 Lbs.	1 cal/min	4 cal/min	8 cal/min	13 cal/min
180 Lbs.	2 cal/min	6 cal/min	12 cal/min	20 cal/min
200 Lbs.	2 cal/min	7 cal/min	13 cal/min	22 cal/min
220 Lbs.	2 cal/min	7 cal/min	15 cal/min	24 cal/min
240 Lbs.	3 cal/min	8 cal/min	16 cal/min	27 cal/min
260 Lbs.	3 cal/min	9 cal/min	17 cal/min	29 cal/min
280 Lbs.	3 cal/min	9 cal/min	19 cal/min	31 cal/min
300 Lbs.	3 cal/min	10 cal/min	20 cal/min	33 cal/min
320 Lbs.	4 cal/min	11 cal/min	23 cal/min	37 cal/min
340 Lbs.	4 cal/min	11 cal/min	23 cal/min	37 cal/min
360 Lbs.	4 cal/min	12 cal/min	24 cal/min	40 cal/min
380 Lbs.	4 cal/min	13 cal/min	25 cal/min	42 cal/min
400 Lbs.	4 cal/min	13 cal/min	26 cal/min	44 cal/min
420 Lbs.	5 cal/min	14 cal/min	28 cal/min	46 cal/min
440 Lbs.	5 cal/min	15 cal/min	29 cal/min	48 cal/min