



ACTIVITY AND CALORIE INFORMATION SHEET

Activity	Calorie expenditure per minute	Calorie expenditure per hour
Sitting around	.0075 kcal per lb (.016 per kg)	.45 kcal per lb (.99 per kg)
Walking leisurely	.025 kcal per lb (.055 per kg)	1.5 kcal per lb (3.3 per kg)
Low- to moderate-intensity exercise (e.g., jog in place)	.06 kcal per lb (.132 per kg)	3.6 kcal per lb (7.9 per kg)
Moderate-intensity exercise (e.g., mountain climbers or curl-ups)	.075 kcal per lb (.165 per kg)	4.5 kcal per lb (9.9 per kg)
Vigorous exercise (e.g., jumping jacks)	.093 kcal per lb (.205 per kg)	5.6 kcal per lb (12.3 per kg)

Activity	Body weight									
	100 lb (45 kg)		125 lb (57 kg)		150 lb (68 kg)		175 lb (79 kg)		200 lb (91 kg)	
	kcal/hr	kcal/min	kcal/hr	kcal/min	kcal/hr	kcal/min	kcal/hr	kcal/min	kcal/hr	kcal/min
Sitting around	45	.75	56.2	.94	67.5	1.12	78.8	1.31	90	1.5
Walking leisurely	150	2.5	188	3.12	225	3.75	262	4.38	300	5
Low- to moderate-intensity exercise (e.g., jog in place)	360	6	450	7.5	540	9	630	10.5	720	12
Moderate-intensity exercise (e.g., mountain climbers or curl-ups)	450	7.5	562	9.4	675	11.2	788	13.1	900	15
Vigorous exercise (e.g., jumping jacks)	560	9.3	700	11.7	840	14	980	16.3	1,120	18.6

Food item	Calories
One piece of candy	18
Slice of an apple	6
Slice of an orange	8
One potato chip	13
Slice of a carrot	5
Three string beans	3
One ounce of soda	12
Two pretzels	10
One Tic-Tac candy	2