1,000 REPS AND SECONDS CHART

Name_____Date_____

Station	1	2	3	4	5	6	7	8	9	10	11	12	Total*
Number of reps or seconds for each station													
Approximate calories expended													

*Add together the number of repetitions (reps) and seconds across all stations. Place that total in the Total column. Use the Estimated Energy Expenditure for Common Activities Chart to calculate the number of calories expended at each station. Add those up and place the result in the Total column.

Station where you expended the most calories: _____

Station where you expended the least calories: _____