



EAT THE FOOD, DO THE TIME WORKSHEET

Name _____ Date _____

Use this information for a 125-pound (57 kg) person:

Low-intensity exercise	Moderate-intensity exercise	Vigorous exercise
7.5 kcal per min	9.4 kcal per min	11.6 kcal per min

Example: Food item and calories: One piece of candy = 18 calories

Low-intensity exercise

18 calories / 7.5 kcal per minute = 2.4 minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

18 calories / 9.4 kcal per minute = 1.9 minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

18 calories / 11.6 kcal per minute = 1.5 minutes of vigorous-intensity exercise needed to burn the calories

Now do the same thing using the following formulas with the food items that you selected.

1. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

2. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

3. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

EAT THE FOOD, DO THE TIME WORKSHEET *(continued)*

4. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

5. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

6. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

7. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories

8. Food item and calories: _____

Low-intensity exercise

____ calories / 7.5 kcal per minute = ____ minutes of low-intensity exercise needed to burn the calories

Moderate-intensity exercise

____ calories / 9.4 kcal per minute = ____ minutes of moderate-intensity exercise needed to burn the calories

Vigorous-intensity exercise

____ calories / 11.6 kcal per minute = ____ minutes of vigorous-intensity exercise needed to burn the calories