



ESTIMATED ENERGY EXPENDITURE FOR COMMON ACTIVITIES CHART

Activity	Calories used per hour				
	100 lb (45 kg)	120 lb (54 kg)	150 lb (68 kg)	180 lb (82 kg)	200 lb (90 kg)
Basketball (half-court)	225	240	300	345	375
Dance, aerobic	300	360	450	540	600
Dance, social	174	222	264	318	348
Fitness calisthenics	232	236	310	357	388
Jogging (5 1/2 mph [9 kph])	487	552	650	748	833
Rope jumping	525	595	700	805	875
Soccer	405	459	540	575	621
Tennis	315	357	420	483	525
Walking	204	258	318	372	426
Weight training	352	399	470	541	558