

Calorie per Minute Worksheet

	Low Intensity	Medium Intensity	High Intensity	Very High Intensity
Your Weight in lbs.	Raking, active gardening, recreational sports, e.g. softball, volleyball, golf (no cart)	Walking, mowing, tennis, strength workout, biking, light aerobics, in-line skating, calisthenics recumbent bike	Moderate jogging, stair machine, racquetball, swimming, concept II rower, elliptical trainer	Fast jogging, stair climbing, cross-country skiing (outdoor or indoor machines), jumping rope
100	1 cal/min	3 cal/min	7 cal/min	11 cal/min
120	1 cal/min	4 cal/min	8 cal/min	13 cal/min
140	1 cal/min	5 cal/min	9 cal/min	15 cal/min
160	2 cal/min	5 cal/min	11 cal/min	18 cal/min
180	2 cal/min	6 cal/min	12 cal/min	20 cal/min
200	2 cal/min	7 cal/min	13 cal/min	22 cal/min
220	2 cal/min	7 cal/min	15 cal/min	24 cal/min
240	3 cal/min	8 cal/min	16 cal/min	27 cal/min
260	3 cal/min	9 cal/min	17 cal/min	29 cal/min
280	3 cal/min	9 cal/min	19 cal/min	31 cal/min
300	3 cal/min	10 cal/min	20 cal/min	33 cal/min
320	4 cal/min	11 cal/min	21 cal/min	35 cal/min
340	4 cal/min	11 cal/min	23 cal/min	37 cal/min
360	4 cal/min	12 cal/min	24 cal/min	40 cal/min
380	4 cal/min	13 cal/min	25 cal/min	42 cal/min
400	4 cal/min	13 cal/min	26 cal/min	44 cal/min

The above calorie values are approximate, and can vary depending on the intensity of the activity.
 Note: Before beginning a physical activity program, you should consult your physician.