

Type of Activity

1. Sleep: 50 Calories per hour

2. Sedentary Activities: 90-100 Calories per hour

reading, writing, eating, watching television or movies, listening to the radio, sewing or other activities done while sitting that require little or no arm movement.

3. Light Activities: 110-160 Calories per hour

dressing and undressing, personal care, preparing and cooking food, doing dishes, dusting, ironing, walking slowly, activities done while standing that require some arm movement, and activities done while sitting that are more strenuous.

4. Moderate Activities: 170-240 Calories per hour

making beds, sweeping, washing clothes, light gardening, carpentry work, walking moderately fast, activities done while standing that require arm movements, and activities done while sitting that require more vigorous movement.

5. Vigorous Activities: 250-350 Calories per hour

heavy housework such as scrubbing and waxing, walking very fast, bowling, golfing.

6. Strenuous Activities: 350 Calories and up per hour

swimming, tennis, riding a bike, dancing, skiing, running, playing football, soccer, basketball, weightlifting, etc.