



Physical Activity Calories Per Minute

GOAL: 2000 Calories burned per week (minimum)*

	Low Intensity	Medium Intensity	High Intensity	Very High Intensity
Your Weight	Raking, active gardening, recreational sports (e.g. softball, volleyball, golf—no cart)	Walking, mowing, tennis, weight lifting, biking, light aerobics, in-line skating, calisthenics	Moderate jogging, stair machine, racquetball, swimming	Fast jogging, stair climbing, cross-country skiing (outdoor or machine), jumping rope
< 120 lbs.	1 cal/min	3 cal/min	7 cal/min	9 cal/min
120	1 cal/min	4 cal/min	8 cal/min	11 cal/min
140	1 cal/min	5 cal/min	9 cal/min	12 cal/min
160	2 cal/min	5 cal/min	10 cal/min	13 cal/min
180	2 cal/min	6 cal/min	11 cal/min	14 cal/min
200	2 cal/min	7 cal/min	12 cal/min	15 cal/min
220	2 cal/min	7 cal/min	13 cal/min	17 cal/min
240	3 cal/min	8 cal/min	14 cal/min	18 cal/min
260	3 cal/min	9 cal/min	15 cal/min	19 cal/min
280	3 cal/min	9 cal/min	16 cal/min	20 cal/min
300	3 cal/min	10 cal/min	17 cal/min	21 cal/min
320	4 cal/min	11 cal/min	18 cal/min	23 cal/min
340	4 cal/min	11 cal/min	19 cal/min	24 cal/min
360	4 cal/min	12 cal/min	20 cal/min	24 cal/min
380	4 cal/min	13 cal/min	20 cal/min	26 cal/min
400	4 cal/min	13 cal/min	21 cal/min	27 cal/min
420	5 cal/min	14 cal/min	22 cal/min	28 cal/min
440	5 cal/min	15 cal/min	23 cal/min	30 cal/min
460	5 cal/min	15 cal/min	23 cal/min	30 cal/min
480 and above	5 cal/min	16 cal/min	24 cal/min	31 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. At higher weights, high and very high intensity activities are not recommended.