

Calories Used Per Day

Name: _____ Date: _____

Review your school-day and weekend-day physical activity diaries. Record the total minutes for each of the five intensity levels in the table below. Then divide the total minutes by 60 to calculate the number of hours of activity at each intensity level. Record your answer to the nearest 0.1 of an hour. Multiply the hours of activity by the calories-per-hour factor provided in the table to determine the calories used. Add the total calories used for each activity level (bottom row) to estimate the total calories used for the day.

Intensity level	Resting (sleeping)	Very light (sitting activities)	Light (walking activities)	Moderate (medium-level walking/jogging activities)	Heavy (high-level running activities)	Total calories
Minutes of activity						
Minutes ÷ 60 = hours of activity						
Calories/hour*	60	85	140	285	400	
Hours × Calories/hour = Calories used						