

ENERGY CALORIES FOR ACTIVITIES CHART

ACTIVITY SHEET

All Fit Team Member _____

Date _____

Here we are at the BODY LAB. Did you know that our bodies use calories from food as energy? Look at the chart below to see the estimated number of calories used per hour based on a person weighing between 50 - 100 pounds.*

Below are **high-energy** activities, **medium-energy** activities, and **low-energy** activities. In the top half of each circle below fill in the letter identifying the activity. In the lower half of each circle fill in the number of calories used to perform the activity. Use felt-tipped pens to fill in the Color Code. The first one is done for you.

ACTIVITY	CALORIES USED*	ACTIVITY	CALORIES USED*	ACTIVITY	CALORIES USED*
A. Answering telephone	33	G. Computer	33	M. Baseball	231
B. Cycling	297	H. Hiking	267	N. Reading	16
C. Horseback riding	165	I. Gardening	165	O. Fast-step Dancing	396
D. Brushing teeth	66	J. Jogging	396	P. Singing	33
E. Walking	165	K. Skating	280	Q. Bowling	165
F. Watching TV	16	L. Painting	109	R. Soccer	429

Calories Used

Energy Level

Color Code

005 - 099
100 - 249
250 - 400

Low-Energy activity
Medium-Energy activity
High-Energy activity

Yellow
Orange
Pink

LOW-ENERGY ACTIVITIES

HIGH-ENERGY ACTIVITIES

MEDIUM-ENERGY ACTIVITIES