

Date range

Exercise Points and Weight Management Calculator

to

One week of exercise

| | ACTIVITY | ACTIVITY | ACTIVITY | ACTIVITY |
|---|----------------------|----------------------|----------------------|----------------------|
| Enter activity | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Minutes per week | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Intensity <i>see chart on page 2</i> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

Total exercise points

My current weight

Exercise calories

Age

Height in inches

Weight in pounds

Body mass

Male

Female

Estimated RESTING Calories/day

TOTAL Calories burned in 7 days, including resting, lifestyle, and formal exercise sessions

Estimated **WEIGHT LOSS** (red) or **WEIGHT GAIN** (black) in 7 days

Enter total number of Calories from food in 7 days--

What is a Calorie?

A Calorie is a unit of energy—the quantity of heat required to raise the temperature of 1 kg (2.2 lbs) of pure water by 1°C. This energy, if not used in the body, is converted to fat and stored. About resting metabolism: In a 24 hour period at rest, including 8 hours of sleep, a woman would require approximately 1400 Calories, and a man 1600 Calories. Additional Calories would be burned to chew and digest food, and for any form of physical activity.

MET represents the intensity level for various activities.

One (1) MET is the resting metabolic rate during rest:

- ◆ 1 kcal/kg/hour or
- ◆ oxygen cost of 3.5 ml/kg/min.

So a 154 pound (70 kg) person, on average, burns approximately 70 Calories/hr., at rest. Scroll to next page to see activity MET (intensity) values for the chart, upper left of this page.

Estimated ADDITIONAL Calories/day, based on lifestyle activity level

| | Male | Female |
|--|-----------------------------------|-----------------------------------|
| Sedentary/inactive | <input type="text" value="500"/> | <input type="text" value="300"/> |
| Light, on my feet like a barber, dentist | <input type="text" value="700"/> | <input type="text" value="500"/> |
| Moderate activity like nurse, wait staff | <input type="text" value="900"/> | <input type="text" value="700"/> |
| Vigorous activity like a dancer, laborer | <input type="text" value="1200"/> | <input type="text" value="1000"/> |
| ENTER number of Calories burned that best represent your lifestyle (your exercise is being calculated separately). | <input type="text"/> | <input type="text"/> |

| Description | Intensity | Description | Activity | Intensity | Description | Activity | Intensity | Description |
|----------------------|-----------|-----------------------|---------------------|-----------|----------------------|---|------------------|------------------------|
| Aerobics class | 5 | Low impact | Jog/run | 14 | 7 minute mile | Soccer | 10 | Competitive, skilled |
| Aerobics class | 7 | High impact | Jog/run | 20 | 5 minute mile | Strength training | 6 | Machines, free weights |
| Aerobics class, step | 8.5 | 6-8" step | Jog/run upstairs | 15 | | Strength training | 8 | Intensive |
| Aerobics class, step | 10 | 10-12" step | Jog/run in place | 8 | | Strength training | 8 | Circuit (continuous) |
| Aerobics - Tae Bo | 10 | Vigorous | Jog/run--Sprinting | 22 | Full speed | Stretch for flexibility | 3 | |
| Badminton | 4.5 | Social | Martial arts | 4 | Tai Chi | Surf, bodyboard | 3 | |
| Badminton | 7 | Competitive, skilled | Martial arts | 10 | TKD, karate, judo | Swimming | 4 | Water aerobics |
| Baseball, softball | 5 | | Pilates | 6 | | Swimming | 6 | Leisurely |
| Basketball | 4.5 | Shooting baskets | Ping pong | 4 | | Swimming | 8 | Slow crawl; sidestroke |
| Basketball | 8 | Game | Racquetball | 7 | Casual | Swimming | 10 | Fast; vigorous |
| Basketball | 6.5 | Wheelchair | Racquetball | 10 | Competitive, skilled | Swimming | 11 | Butterfly |
| Bicycling | 10 | Mountain biking; BMX | Range of motion | 3 | | Tennis | 6 | Doubles |
| Bicycling | 4 | Leisure; < 10 mph | Rock climbing | 11 | | Tennis | 8 | Singles |
| Bicycling | 6 | Light; 10-11.9 mph | Rollerblading | 10 | Vigorous | Trampoline | 3.5 | |
| Bicycling | 8 | Moderate; 12-13.9 mph | Rope jumping | 8 | Slow | Volleyball | 4 | Recreational |
| Bicycling | 10 | Fast; 14-15.9 mph | Rope jumping | 10 | Moderate | Volleyball | 8 | Competitive, skilled |
| Bicycling | 12 | 16-19 mph | Rope jumping | 12 | Fast | Volleyball, beach | 8 | |
| Bicycling | 16 | > 20 mph | Rowing machine | 3.5 | Light | Walking | 2.5 | 30 minute mile pace |
| Bowling | 2 | | Rowing machine | 7 | Moderate | Walking | 3 | 25 minute mile pace |
| Calisthenics | 3.5 | Light | Rowing machine | 8.5 | Vigorous | Walking | 3.5 | 20 minute mile pace |
| Calisthenics | 8 | Pushups, pullups, etc | Rowing machine | 12 | Very vigorous | Walking | 4 | 15 minute mile pace |
| Canoe, kayak | 7 | Moderate effort | SCUBA diving | 7 | General | Walking, power | 8 | 13 minute mile pace |
| Canoe, kayak | 12 | Vigorous effort | SCUBA diving | 16 | Against the current | Walking, upstairs | 6 | |
| Dancing | 3 | Slow, ballroom | Skateboarding | 5 | | Walk, upstairs, with 25 lbs. | 8 | |
| Dancing | 5.5 | Disco, folk, square | Skating, ice/roller | 7 | General | Walk, upstairs, with 50 lbs. | 10 | |
| Dancing | 8 | Very fast | Skating, ice/roller | 9 | Fast | Walk, stair machine | 9 | |
| Dancing | 9 | Swing dancing | Skiing, X-country | 8 | Moderate | Yoga | 4 | |
| Dancing | 9 | Zumba | Skiing, X-country | 9 | Vigorous | Other Activities | Intensity | |
| Football | 8 | Touch, flag | Skiing, X-country | 16.5 | Maximum effort | Light garden; weeding | 2 | |
| Golf | 3.5 | General, with cart | Skiing, downhill | 6 | Moderate | Heavy garden; digging | 4 | |
| Golf | 4.5 | General, no cart | Skiing, downhill | 8 | Vigorous | Gen'l house cleaning | 3 | |
| Handball | 12 | | Skin diving | 7 | General | Mow lawn-push power | 4 | |
| Hiking, hunting | 5 | Walking | Skin diving | 12.5 | Moderate | Mow lawn-push hand | 6 | |
| Jog/run | 8 | 12 minute mile | Skin diving | 16 | Fast | Shoveling snow, dirt | 7 | |
| Jog/run | 10 | 10 minute mile | Snorkeling | 5 | | Chopping wood | 7 | |
| Jog/run | 12.5 | 8 minute mile | Soccer | 7 | Casual | Other - you judge, by comparing with the above | | |