Calorie Burning Chart

Aerobics – Low Impact	8	Reading	2
Aerobics – High Impact	11	Riders	6
Aerobics – Step	14	Rock Climbing – Ascending	17
Aerobics – Water	6	Rock Climbing – Rappelling	12
Archery	5	Rollerblade Skating	19
Badminton	7	Roofing	9
Basketball – Playing a Game	12	Rowing: Stationary – Moderate	11
Basketball – Shooting Baskets	7	Rowing: Stationary – Vigorous	13
Bicycling – Stationary: Moderate	11	Running: 5 mph	12
Bicycling – Stationary: Vigorous	16	Running: 6 mph	16
Billiards	4	Running: 7 mph	18
Bicycling – Leisure: Moderate Speed	12	Running: 8 mph	20
Bicycling – Leisure: Fast Speed	16	Running: 10	25
Bicycling: Mountain or BMX Bike	13	Running – up stairs	23
Bicycling: Very Fast Speed	19	Running – track team practice	16
Bicycling: Racing	25	Scuba Diving	11
Bowling	5	Shoveling	9
Boxing in the Ring	19	Sitting – Light Office Work	2
Boxing: Punching Bag	9	Skateboarding	8
Calisthenics: Moderate – back exercises, going up and down from floor	5	Skiing – Cross Country: light effort	11
Calisthenics: Vigorous, push ups, jumping jacks, sit-ups	12	Skiing – Cross Country: vigorous	14
Carpentry	9	Skiing – Downhill: moderate	9
Carrying & Stacking Wood	8	Skiiing – Downhill: vigorous	12
Child Care: Bathing, feeding, etc.	5	Ski Machine	11
Chopping & Splitting Wood	9	Sky Diving	5
Catch, playing catch	4	Sledding	11
Circuit Training: some aerobics, little rest	12	Snorkeling	8
Cleaning House – General	5	Snow Blower – Walking	7
Cleaning House – Light: Straightening up, dusting, etc.	4	Soccer	11
Cleaning Rain Gutters	8	Soccer – competitive	16
Cooking	3	Softball or Baseball	8
Crafts – Standing: Light Effort	3	Softball – Pitching	9
Cricket	8	Sparring	14
Dancing: Fast, Ballet, Tap, Disco	7	Speed or Race Walking	10
Dancing: Slow, Ballroom, Waltz	5	Squash	19
Driving	3	Stair Step Machine	14

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Elliptical Trainer	11	Standing – Filing, light work	4
Fencing	9	Stretching and Yoga	4
Football	13	Surfing	5
Frisbee – playing catch	5	Sweeping Outside	6
Frisbee – Playing an Ultimate Game	12	Swimming - Leisure	9
Games – hop scotch, etc.	6	Swimming – Laps: Vigorous	16
Gardening	7	Swimming – Crawl: Moderate	12
Golf – using cart	5	Swimming – Treading: Moderate	12
Golf – walking & carrying clubs	7	Swimming – Lake or Ocean	9
Gymnastics	6	Swimming – Synchronized	12
Hang Gliding	5	Tai Chi	6
Hang Sheet Rock	5	Tennis – Singles: competitive	12
Hiking	9	Tennis – Doubles: competitive	8
Hockey	12	Tennis – General	11
Horseback Riding	6	Trimming Shrubs & Trees: Manually	7
Ice Skating	11	Trimming Shrubs & Trees: Power Cutter	5
Ironing	4	Vacuuming	5
Jumping Rope	16	Volleyball – General play	5
Kayaking	8	Volleyball – Competitive	12
Laying Sod	8	Volleyball – Beach	12
Lay or Remove Carpet or Tile	7	Walk: 2 mph	4
Making Beds	3	Walk: 3 mph	5
Martial Arts	2	Walk: 3.5 mph	6
Moving – Boxes	9	Walk: 4 mph	8
Moving – Furniture	9	Walk: 4.5 mph	10
Moving – Unpacking	5	Walk: 5 mph	12
Mowing Lawn – Push Mower	9	Watching T.V.	2
Paint Outside Home	8	Watering Plants by Hand	4
Paint or Paper / Remodel: Inside	7	Water Skiing	9
Ping Pong	6	Water Jogging	12
Planting Trees & Shrubs	7	Water Polo	16
Polo	16	Water Volleyball	5
Racquetball – Competitive	16	Weight Lifting: Light	5
Racquetball – Casual	11	Weight Lifting: Vigorous	9
Raking	7	Whitewater Rafting & Kayaking	8
		Wiring & Plumbing	5

Remember, All Diet Source tools and charts provide general information only. They are not meant to replace professional advice. Always check with your Physician before starting any weight loss or exercise program.

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