

Activity Calorie Calculator

*Calories burned shown are based on 1 minute of activity for each weight column listed

2500 steps = 100 calories burned

Gym Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Aerobics: low impact	3	4	5	6	8
Aerobics: high impact	4	6	7	8	11
Aerobics, Step: 6" – 8" step	5	7	9	10	14
Aerobics, Step: 10" – 12" step	6	8	10	12	16
Aerobics: water	2	3	4	5	6
Bicycling, Stationery: moderate, 150 watts	4	6	7	8	11
Bicycling, Stationery: vigorous, 200 watts	6	8	11	13	17
Calisthenics: vigorous, jumping jacks, push-ups, sit-ups, pull-ups	5	6	8	10	13
Calisthenics: moderate, back exercises, going up & down from the floor	2	3	4	4	6
Circuit Training: w/some aerobic minimal rest	5	6	8	10	13
Elliptical Trainer: general	4	6	7	9	12
Riders: general	2	3	4	5	6
Rowing, Stationery: moderate, 100 watts	4	6	7	8	11
Rowing, Stationery: vigorous, 150 watts	5	7	9	10	14
Ski Machine: general	4	6	7	8	11
Stair Step Machine: general, without supporting any bodyweight on hand rails	5	7	9	11	14
Stretching: mild, yoga	2	2	3	3	4
Teaching aerobics	4	5	6	7	10
Weight Lifting: light, free weights, nautilus or universal-type	2	2	3	4	5
Weight Lifting: vigorous, free weight, nautilus or universal-type	4	5	6	7	10
Training & Sport Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Archery: non-hunting	2	3	4	4	6
Badminton: general, social	3	4	5	5	7
Basketball: playing a game	5	6	8	10	13
Basketball: wheelchair	4	6	7	8	10
Basketball: shooting baskets	3	4	5	5	7
Basketball: officiating a game	4	6	7	8	11
Billiards (pool)	2	2	3	3	4
Bicycling: bmx or mountain	5	7	9	10	14
Bicycling: 12 - 13.9 mph, leisure, moderate effort	5	6	8	10	13
Bicycling: 14 – 15.9 mph, leisure racing, fast, vigorous	6	8	10	12	16

Training & Sport Activities (cont'd)19					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Bicycling: 16 – 19 mph, very fast, not drafting	7	10	12	14	19
Bicycling: > 20 mph, racing, not drafting	10	13	16	19	26
Bowling	2	2	9	4	5
Boxing: sparring	5	7	9	11	14
Boxing: punching bag	4	5	6	7	10
Boxing: in the ring	7	10	12	14	19
Coaching: football, soccer, basketball, etc.	2	3	4	5	6
Dancing: fast, ballet, twist	3	4	5	6	8
Dancing: disco, ballroom, square, line irish step, polka	3	4	5	5	7
Dancing: slow, waltz, foxtrot, tango, fox trot	2	2	3	4	5
Fencing	4	5	6	7	10
Football: competitive	5	7	9	11	14
Football: touch, flag, general	5	6	8	10	13
Football or Baseball: playing catch	2	2	3	3	4
Frisbee: general	2	2	3	4	5
Frisbee: ultimate	5	6	8	10	13
Golf: carrying clubs	3	4	5	5	7
Golf: using cart	2	3	4	4	6
Golf: driving range, miniature	2	2	3	4	5
Golf: walking & pulling clubs	3	3	4	5	7
Gymnastics: general	2	3	4	5	6
Handball: general	7	10	12	14	19
Handball: team	5	6	8	10	13
Hang Gliding	2	3	4	4	6
Hiking: cross-country	4	5	6	7	10
Hockey: field & ice	5	6	8	10	13
Horseback Riding: general	2	3	4	5	6
Ice Skating: general	4	6	7	8	11
Kayaking	3	4	5	6	8
Martial Arts: judo, karate, kick boxing, tae kwan do	6	8	10	12	12
Motor-Cross	2	3	4	5	6
Race Walking	4	5	7	8	10
Racquetball: competitive	6	8	10	12	16
Racquetball: casual, general	4	6	7	8	11
Rock Climbing: ascending	7	9	11	13	18
Rock Climbing: rappelling	5	6	8	10	13
Rollerblade/In-Line Skating	8	10	13	15	20
Rope Jumping: general, moderate	6	8	10	12	16
Running: 5 mph (12 min/mile)	5	6	8	10	13
Running: 5.2 mph (11.5 min/mile)	5	7	9	11	14
Running: 6 mph (10 min/mile)	6	8	10	12	16
Running: 6.7 mph (9 min/mile)	7	9	11	13	18
Running: 7 mph (8.5 min/mile)	7	9	12	14	18
Running: 8.6 mph (7 min/mile)	8	11	14	17	22
Running: 10 mph (6 min/mile)	10	13	16	19	26

Training & Sport Activities (cont'd)					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Running: training, pushing wheelchair, marathon wheeling	5	6	8	10	13
Running: cross-country	5	7	9	11	14
Running: stairs, up	9	12	15	18	24
Running: on track, team practice	6	8	10	12	16
Scuba or skin diving	4	6	7	8	11
Skateboarding	3	4	5	6	8
Skiing: cross-country, light effort, general, 2.5 mph	4	6	7	8	11
Skiing: cross-country, vigorous, 5.0 – 7.9 mph	5	7	9	11	14
Skiing: downhill, moderate effort	4	5	6	7	10
Skiing: downhill, vigorous effort, racing	5	6	8	10	13
Sky diving	2	3	4	4	6
Sledding, luge, toboggan, bobsled	4	6	7	8	11
Snorkeling	3	4	5	6	8
Soccer: general	4	6	7	8	11
Soccer: competitive play	6	8	10	12	16
Softball or Baseball: slow or fast pitch, general	3	4	5	6	8
Softball: officiating	2	3	4	5	6
Softball: pitching	4	5	6	7	10
Surfing: body or board	2	2	3	4	5
Swimming: general, leisurely, no laps	4	5	6	7	10
Swimming: laps, vigorous	6	8	10	12	16
Swimming: backstroke	4	6	7	8	11
Swimming: breaststroke	6	8	10	12	16
Swimming: butterfly	7	9	11	13	18
Swimming: crawl, moderate, 50 yds/min	5	6	8	10	13
Swimming: treading, moderate effort	5	6	8	10	13
Swimming: lake, ocean, river	4	5	6	7	10
Swimming: synchronized	5	6	8	10	13
Table Tennis/Ping Pong	2	3	4	5	6
Tai Chi	2	3	4	5	6
Tennis: singles, competitive	5	6	8	10	13
Tennis: doubles, competitive	3	4	5	6	8
Tennis: general play	4	6	7	8	11
Track & Field: shot, discus, hammer throw	2	3	4	5	6
Track & Field, high jump, long jump, triple jump, javelin, pole vault	4	5	6	7	10
Track & Field: steeplechase, hurdles	6	8	10	12	16
Volleyball: non-competitive, general play, 6 – 9 member team	2	2	3	4	5
Volleyball: competitive, gymnasium play	5	6	8	10	13
Volleyball: beach	5	6	8	10	13
Walk: 2 mph (30 min/mile)	2	2	3	3	4
Walk: 3 mph (20 min/mile)	2	3	3	4	5
Walk: 3.5 mph (17 min/mile)	2	3	4	5	6
Walk: 4 mph (15 min/mile)	3	4	5	6	8

Training & Sport Activities (cont'd)					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Walk: 4.5 mph (13 min/mile)	4	5	6	8	10
Walk: 5 min (12 min/mile)	5	6	8	10	13
Water Skiing	4	5	6	7	10
Water Jogging	5	6	8	10	13
Water Polo	6	8	10	12	16
Water Volleyball	2	2	3	4	5
Whitewater: rafting, kayaking	3	4	5	6	8
Outdoor Home Maintenance/Improvement Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Carpentry, installing rain gutters, building fence	4	5	6	7	10
Carrying & stacking wood	3	4	5	6	8
Chopping & splitting wood	4	5	6	7	10
Cleaning rain gutters	3	4	5	6	8
Digging, spading dirt, composting	3	4	5	6	8
Gardening: general	2	3	4	5	6
Gardening: weeding	3	4	5	5	7
Laying sod/crushed rock	3	4	5	6	8
Mowing Lawn: push, hand	4	5	6	7	10
Mowing Lawn: push, power	3	4	6	7	9
Paint outside of home	3	4	5	6	8
Planting seedlings, shrubs, trees	3	4	5	5	7
Raking Lawn	3	3	4	5	7
Roofing	4	5	6	7	10
Sacking grass/leaves	2	3	4	5	6
Storm Windows: hanging	3	4	5	6	8
Sweeping: garage, sidewalks, outside of house	2	3	4	5	6
Trimming shrubs/trees: manual cutter	3	4	5	5	7
Trimming: using edger, power cutter, etc.	2	3	4	4	6
Watering plants, by hand	2	2	3	3	4
Workshop: general carpentry	2	2	3	4	5
Yard: applying seed/fertilizer, walking	2	2	3	3	4
Yard: watering by had, standing/walking	1	1	2	2	2
Indoor Home Repair/Improvement Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Carpentry: finish/refinish furniture/cabinets	3	4	5	5	7
Caulking: bathroom, windows	3	4	5	5	7
Crafts: standing, lift effort	1	1	2	2	3
Hang sheet rock, paper/plaster walls	2	2	3	4	5
Lay/remove carpet/tile	3	4	5	5	7
Paint, paper, remodel: inside	3	4	5	5	7
Sanding floors with a power sander	3	4	5	5	7
Wiring & Plumbing	2	2	3	4	5
Home & Daily Life Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Child-care: bathing, feeding, etc.	2	2	3	4	5
Child care: games, moderate, hop-scotch, jacks, etc.	2	3	4	5	6

Home & Daily Life Activities (cont'd)					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Cleaning House: general	2	2	3	4	5
Cleaning: light dusting, straightening up, taking out trash, etc.	2	2	3	3	4
Cooking/Food Preparation	1	2	2	2	3
Food Shopping	1	2	2	3	4
Heaving Cleaning: wash car, windows	2	2	3	4	5
Ironing	1	2	2	3	4
Making Bed	1	2	2	2	3
Moving: household furniture	4	5	6	7	10
Moving: carrying boxes	3	4	6	7	9
Moving: unpacking	2	3	4	4	6
Playing w/ kids: moderate effort	2	3	4	5	6
Playing w/ kids: vigorous effort	3	4	5	6	8
Reading: sitting	1	1	1	1	2
Standing in line	1	1	1	1	2
Standing: bathing dog	2	3	4	4	6
Sleeping	1	1	1	1	1
Vacuuming	2	3	4	4	6
Watching TV	1	1	1	1	2
Office Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Driving vehicle to work	1	2	2	2	3
Sitting: light office work, meeting	1	1	2	2	2
Standing: filing, light work	1	2	2	3	4
Riding in a bus or vehicle to work	1	1	1	1	2
Typing	1	1	2	2	2
Walking: work break	2	3	4	4	6
Occupational Activities					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Bartending/Server	1	2	2	2	3
Bakery: general, moderate effort	2	3	4	5	6
Building Road: hauling debris, driving heavy machinery	4	5	6	7	10
Carpentry Work	2	3	4	4	6
Coaching Sports	2	3	4	5	6
Computer Work	1	1	2	2	2
Construction: outside, remodeling	3	4	6	7	9
Custodial Work: general cleaning, moderate effort	2	3	4	4	6
Electrical Work	2	3	4	4	6
Firefighting	7	10	12	14	19
Forestry, general	5	6	8	10	13
Forestry: panting tress by hand	4	5	6	7	10
Heavy Equipment Operator	2	2	3	3	4
Horse Grooming	4	5	6	7	10
Light Office Work	1	1	2	2	2
Locksmith	2	3	4	4	6

Occupational Activities (cont'd)					
Activity	*60 lbs	*80 lbs	*100 lbs	*120 lbs	*160 lbs
Masonry	4	6	7	8	11
Masseur: standing	2	3	4	5	6
Moving/Pushing heavy objects > 75 pounds	5	6	8	9	12
Patient Care: nursing	2	2	3	4	5
Plumbing	2	3	4	4	6
Police Officer: making an arrest	2	3	4	5	6
Printing: operator, standing	1	2	2	3	4
Sitting in Class	1	1	2	2	3
Shoe Repair: general	2	2	3	3	4
Theater Work	1	2	2	3	4
Truck Driving: loading & unloading truck	4	5	7	8	10
Welding	2	2	3	4	5

Visit <http://www.primusweb.com/cgi-bin/fpc/actcalc.pl> to personalize your own weight.

Adapted for use from the Fitness Website for use for Arkansans by Dr. Russ Kennedy, Associate Professor-Health & Aging Specialist, University of Arkansas Division of Agriculture Cooperative Extension Service.

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University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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