



## CALORIE EXPENDITURE CHART

(based on one hour)

<b>BODY WT. KG</b>	44	50	56	62	68	74	80	86	92	98	104	110	116	122
<b>ACTIVITY LB</b>	97	110	123	137	159	163	176	190	203	216	229	242	255	269
<b>Badminton</b>	265	300	325	360	395	430	465	500	535	570	600	635	665	700
<b>Baseball</b>	210	225	240	255	270	285	290	305	320	335	350	365	380	395
<b>Basketball</b>	365	415	460	510	565	610	660	710	760	805	855	905	950	995
<b>Competitive</b>	390	445	500	550	600	655	710	760	810	865	910	960	1010	1065
<b>Boxing</b>	400	455	510	565	620	675	730	785	840	895	950	1005	1055	1110
<b>Circuit Training</b>	350	380	410	440	470	500	530	560	590	620	650	680	710	740
<b>Cycle @ 12 mph</b>	360	390	425	460	495	530	565	600	635	670	705	740	775	810
<b>Racing</b>	450	510	570	630	690	750	810	870	930	990	1050	1110	1170	1230
<b>Dancing</b>	270	295	320	345	370	395	420	445	470	495	520	545	570	595
<i>Remember that these are only guidelines, your lean muscle percentage, skill and <a href="#">fitness</a> level will alter your expenditure.</i>														
<b>Field Hockey</b>	360	405	450	500	545	590	635	680	725	770	815	860	905	950
<b>Football</b>	355	400	445	490	535	580	625	670	715	760	805	850	895	940
<b>Golf</b>	230	260	290	320	350	380	410	440	470	500	530	560	590	620

<b>Horse Riding</b>	240	275	310	345	370	405	440	475	510	545	580	615	650	685
<b>Rowing Crew</b>	600	660	720	780	830	890	940	1000	1060	1120	1180	1235	1295	1345
<b>Running 6.5 mph</b>	425	480	535	590	650	705	760	820	875	930	985	1045	1100	1160
<b>@ 10 mph</b>	620	690	765	835	900	965	1035	1100	1170	1235	1300	1365	1430	1495
<b>Skating (inline)</b>	250	285	320	355	380	410	445	480	515	550	590	625	660	700
<b>Skiing (piste)</b>	295	335	375	415	455	495	535	575	615	655	695	735	775	815
<b>Squash</b>	515	580	645	710	785	850	915	980	1045	1110	1175	1240	1305	1370
<b>Swimming Slow</b>	230	260	290	320	350	380	410	440	470	500	530	560	590	620
<b>Fast laps</b>	400	445	490	535	580	625	670	705	750	795	840	885	930	975
<b>Tennis social</b>	300	340	375	415	455	490	530	570	605	645	680	720	760	795
<b>Weight Training</b>	350	395	440	485	530	575	620	665	710	755	800	845	890	935
<b>Walking 5 kph.</b>	200	220	240	260	280	300	320	340	360	380	400	420	440	460