

Activity Tracker

Calories burned if you weigh:

Activity	Time Spent	150 lb	170 lb	190 lb	210 lb	230 lb	250 lb	270 lb	300 lb
House work									
Cleaning, light (dusting, straightening up)	15 min	43	48	54	60	65	71	77	86
Cleaning, heavy (vigorous effort)	15 min	51	58	65	71	78	85	92	102
Cooking/Preparing food (sitting or standing)	30 min	68	77	86	95	104	113	122	136
Cooking/Preparing food (walking)	30 min	85	96	108	119	130	141	152	169
Feeding Pets	15 min	43	48	54	60	65	71	77	86
Mopping	15 min	60	67	75	83	91	99	107	119
Putting away groceries	15 min	43	48	54	60	65	71	77	86
Serving food/Setting table (walking or standing)	15 min	43	48	54	60	65	71	77	86
Sweeping floors (inside)	15 min	56	64	71	79	86	93	100	111
Sweeping garage or sidewalk	15 min	68	77	86	95	104	113	122	136
Vacuuming	15 min	60	67	75	83	91	99	107	119
Washing dishes	15 min	39	44	50	55	60	65	70	78
Do-It-Yourself/Home Maintenance									
Mowing lawn (walking, power mower)	30 min	187	212	237	262	287	312	337	375
Shoveling snow, by hand	30 min	204	231	258	286	313	340	367	408
General Exercise/Fitness Activities									
Aerobics	30 min	170	193	215	238	261	283	306	340
Bicycling (leisure, slow, light effort)	30 min	204	231	259	286	313	340	367	408
Bicycling (leisure, moderate effort)	30 min	272	308	345	381	417	453	489	543
Walking for exercise (brisk pace)	30 min	129	147	163	181	198	215	232	258