

Calorie Chart

Activity (1 Hour)	Calories Burned
Aerobics	354
Automobile repair	177
Backpacking	413
Basketball, game	472
Basketball, shooting ba	266
Bicycling	236
Bowling	177
Canoeing	236
Carpentry	207
Carrying heavy loads	472
ChildCare, dressing/fee	177
Cleaning house	207
Cooking	148
Dancing	266
Darts	148
Fishing	236
Football	177
Frisbee	177
Gardening	295
Golf	236
Gymnastics	236
Hacky Sack	236
Health club exercise	325
Hiking	354
Horseback Riding	148
Horse grooming	354

Hunting	295
Jogging	413
Karate	590
Kickball	413
Marching band	236
Mowing lawn	325
Music playing	177
Raking lawn	236
Rock climbing	472
Roller skating	413
Rope jumping	590
Running	472
Skateboarding	295
Soccer	413
Softball or baseball	295
Sweeping	236
Swimming	472
Tennis	472
Volleyball	177
Walking	207
Weight lifting	177

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