



Estimate Your PHYSICAL ACTIVITY (PA) CALORIES

YOUR WEIGHT IN LBS.	LOW INTENSITY <i>raking, active gardening, recreational sports, (e.g., softball, golf-no cart)</i>	MEDIUM INTENSITY <i>walking, mowing, tennis, biking, light aerobics, swimming, weight lifting</i>	HIGH INTENSITY <i>moderate jogging, stair machine, racquetball, vigorous swimming</i>	VERY HIGH INTENSITY <i>fast jogging, stair climbing, cross-country skiing, jumping rope</i>
100–120	1 cal/min	3 cal/min	7 cal/min	10 cal/min
121–140	1 cal/min	5 cal/min	9 cal/min	12 cal/min
141–160	2 cal/min	5 cal/min	10 cal/min	13 cal/min
161–180	2 cal/min	6 cal/min	11 cal/min	14 cal/min
181–200	2 cal/min	7 cal/min	12 cal/min	15 cal/min
201–220	2 cal/min	7 cal/min	13 cal/min	17 cal/min
221–240	3 cal/min	8 cal/min	14 cal/min	18 cal/min
241–260	3 cal/min	9 cal/min	15 cal/min	19 cal/min
261–280	3 cal/min	9 cal/min	16 cal/min	20 cal/min
281–300	3 cal/min	10 cal/min	17 cal/min	21 cal/min
301–320	4 cal/min	11 cal/min	18 cal/min	23 cal/min
321–340	4 cal/min	11 cal/min	19 cal/min	24 cal/min
341–360	4 cal/min	12 cal/min	20 cal/min	24 cal/min
361–380	4 cal/min	13 cal/min	20 cal/min	26 cal/min
381–400	4 cal/min	13 cal/min	21 cal/min	27 cal/min
Over 400	5 cal/min	14 cal/min	22 cal/min	28 cal/min

The above calorie values are approximate and can vary depending on the intensity of the activity. Before beginning a physical activity program, you should consult your physician. At higher weights, high intensity activities are not recommended.

STRATEGIES TO USE THIS WEEK:

GROUP ASSIGNMENT: _____

CUSTOMIZED GOAL:

_____ Shakes/Cereal _____ Entrees _____ Fruit/Veg _____ PA

ONE DAY PLAN:

Breakfast _____ Physical Activity _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____