

| Activity (1 hour) | 130/lbs | 155/lbs | 190/lbs |
|--|---------|---------|---------|
| Aerobics, general | 354 | 422 | 518 |
| Aerobics, high impact | 413 | 493 | 604 |
| Aerobics, low impact | 295 | 352 | 431 |
| Archery (non-hunting) | 207 | 246 | 302 |
| Automobile repair | 177 | 211 | 259 |
| Backpacking, general | 413 | 493 | 604 |
| Badminton, competitive | 413 | 493 | 604 |
| Badminton, social, general | 266 | 317 | 388 |
| Basketball, game | 472 | 563 | 690 |
| Basketball, nongame, general | 354 | 422 | 518 |
| Basketball, officiating | 413 | 493 | 604 |
| Basketball, shooting baskets | 266 | 317 | 388 |
| Basketball, wheelchair | 384 | 457 | 561 |
| Bicycling, <10mph, leisure | 236 | 281 | 345 |
| Bicycling, >20mph, racing | 944 | 1126 | 1380 |
| Bicycling, 10-11.9mph, light effort | 354 | 422 | 518 |
| Bicycling, 12-13.9mph, moderate effort | 472 | 563 | 690 |
| Bicycling, 14-15.9mph, vigorous effort | 590 | 704 | 863 |
| Bicycling, 16-19mph, very fast, racing | 708 | 844 | 1035 |
| Bicycling, BMX or mountain | 502 | 598 | 733 |
| Bicycling, stationary, general | 295 | 352 | 431 |
| Bicycling, stationary, light effort | 325 | 387 | 474 |
| Bicycling, stationary, moderate effort | 413 | 493 | 604 |
| Bicycling, stationary, very light effort | 177 | 211 | 259 |
| Bicycling, stationary, very vigorous effort | 738 | 880 | 1078 |
| Bicycling, stationary, vigorous effort | 620 | 739 | 906 |
| Billiards | 148 | 176 | 216 |
| Bowling | 177 | 211 | 259 |
| Boxing, in ring, general | 708 | 844 | 1035 |
| Boxing, punching bag | 354 | 422 | 518 |
| Boxing, sparring | 531 | 633 | 776 |
| Broomball | 413 | 493 | 604 |
| Calisthenics (pushups, sit-ups), vigorous effort | 472 | 563 | 690 |
| Calisthenics, home, light/moderate effort | 266 | 317 | 388 |
| Canoeing, on camping trip | 236 | 281 | 345 |
| Canoeing, rowing, >6 mph, vigorous effort | 708 | 844 | 1035 |
| Canoeing, rowing, crewing, competition | 708 | 844 | 1035 |
| Canoeing, rowing, light effort | 177 | 211 | 259 |
| Canoeing, rowing, moderate effort | 413 | 493 | 604 |
| Carpentry, general | 207 | 246 | 302 |
| Carrying heavy loads, such as bricks | 472 | 563 | 690 |
| Child care: sitting/kneeling-dressing, feeding | 177 | 211 | 259 |
| Child care: standing-dressing, feeding | 207 | 246 | 302 |
| Circuit training, general | 472 | 563 | 690 |
| Cleaning, heavy, vigorous effort | 266 | 317 | 388 |
| Cleaning, house, general | 207 | 246 | 302 |
| Cleaning, light, moderate effort | 148 | 176 | 216 |
| Coaching: football, soccer, basketball, etc. | 236 | 281 | 345 |
| Construction, outside, remodeling | 325 | 387 | 474 |
| Cooking or food preparation | 148 | 176 | 216 |
| Cricket (batting, bowling) | 295 | 352 | 431 |
| Croquet | 148 | 176 | 216 |
| Curling | 236 | 281 | 345 |
| Dancing, aerobic, ballet or modern, twist | 354 | 422 | 518 |
| Dancing, ballroom, fast | 325 | 387 | 474 |
| Dancing, ballroom, slow | 177 | 211 | 259 |
| Dancing, general | 266 | 317 | 388 |
| Darts, wall or lawn | 148 | 176 | 216 |
| Diving, springboard or platform | 177 | 211 | 259 |
| Electrical work, plumbing | 207 | 246 | 302 |
| Farming, baling hay, cleaning barn | 472 | 563 | 690 |
| Farming, milking by hand | 177 | 211 | 259 |
| Farming, shoveling grain | 325 | 387 | 474 |
| Fencing | 354 | 422 | 518 |
| Fishing from boat, sitting | 148 | 176 | 216 |
| Fishing from river bank, standing | 207 | 246 | 302 |
| Fishing in stream, in waders | 354 | 422 | 518 |
| Fishing, general | 236 | 281 | 345 |
| Fishing, ice, sitting | 118 | 141 | 173 |

| Activity (1 hour) | 130lbs | 155lbs | 190lbs |
|---|---------------|---------------|---------------|
| Football or baseball, playing catch | 148 | 176 | 216 |
| Football, competitive | 531 | 633 | 776 |
| Football, touch, flag, general | 472 | 563 | 690 |
| Frisbee playing, general | 177 | 211 | 259 |
| Frisbee, ultimate | 207 | 246 | 302 |
| Gardening, general | 295 | 352 | 431 |
| Golf, carrying clubs | 325 | 387 | 474 |
| Golf, general | 236 | 281 | 345 |
| Golf, miniature or driving range | 177 | 211 | 259 |
| Golf, pulling clubs | 295 | 352 | 431 |
| Golf, using power cart | 207 | 246 | 302 |
| Gymnastics, general | 236 | 281 | 345 |
| Hacky sack | 236 | 281 | 345 |
| Handball, general | 708 | 844 | 1035 |
| Handball, team | 472 | 563 | 690 |
| Health club exercise, general | 325 | 387 | 474 |
| Hiking, cross country | 354 | 422 | 518 |
| Hockey, field | 472 | 563 | 690 |
| Hockey, ice | 472 | 563 | 690 |
| Horse grooming | 354 | 422 | 518 |
| Horse racing, galloping | 472 | 563 | 690 |
| Horseback riding, general | 236 | 281 | 345 |
| Horseback riding, trotting | 384 | 457 | 561 |
| Horseback riding, walking | 148 | 176 | 216 |
| Hunting, general | 295 | 352 | 431 |
| Jai alai | 708 | 844 | 1035 |
| Jogging, general | 413 | 493 | 604 |
| Judo, karate, kick boxing, tae kwan do | 590 | 704 | 863 |
| Kayaking | 295 | 352 | 431 |
| Kickball | 413 | 493 | 604 |
| Lacrosse | 472 | 563 | 690 |
| Marching band, playing instrument(walking) | 236 | 281 | 345 |
| Marching, rapidly, military | 384 | 457 | 561 |
| Moto-cross | 236 | 281 | 345 |
| Moving furniture, household | 354 | 422 | 518 |
| Moving household items, boxes, upstairs | 531 | 633 | 776 |
| Moving household items, carrying boxes | 413 | 493 | 604 |
| Mowing lawn, general | 325 | 387 | 474 |
| Mowing lawn, riding mower | 148 | 176 | 216 |
| Music playing, cello, flute, horn, woodwind | 118 | 141 | 173 |
| Music playing, drums | 236 | 281 | 345 |
| Music playing, guitar, classical, folk(sitting) | 118 | 141 | 173 |
| Music playing, guitar, rock/roll band(standing) | 177 | 211 | 259 |
| Music playing, piano, organ, violin, trumpet | 148 | 176 | 216 |
| Paddleboat | 236 | 281 | 345 |
| Painting, papering, plastering, scraping | 266 | 317 | 388 |
| Polo | 472 | 563 | 690 |
| Pushing or pulling stroller with child | 148 | 176 | 216 |
| Race walking | 384 | 457 | 561 |
| Racquetball, casual, general | 413 | 493 | 604 |
| Racquetball, competitive | 590 | 704 | 863 |
| Raking lawn | 236 | 281 | 345 |
| Rock climbing, ascending rock | 649 | 774 | 949 |
| Rock climbing, rapelling | 472 | 563 | 690 |
| Rope jumping, fast | 708 | 844 | 1035 |
| Rope jumping, moderate, general | 590 | 704 | 863 |
| Rope jumping, slow | 472 | 563 | 690 |
| Rowing, stationary, light effort | 561 | 669 | 819 |
| Rowing, stationary, moderate effort | 413 | 493 | 604 |
| Rowing, stationary, very vigorous effort | 708 | 844 | 1035 |
| Rowing, stationary, vigorous effort | 502 | 598 | 733 |
| Rugby | 590 | 704 | 863 |
| Running, 10 mph (6 min mile) | 944 | 1126 | 1380 |
| Running, 10.9 mph (5.5 min mile) | 1062 | 1267 | 1553 |
| Running, 5 mph (12 min mile) | 472 | 563 | 690 |
| Running, 5.2 mph (11.5 min mile) | 531 | 633 | 776 |
| Running, 6 mph (10 min mile) | 590 | 704 | 863 |
| Running, 6.7 mph (9 min mile) | 649 | 774 | 949 |
| Running, 7 mph (8.5 min mile) | 679 | 809 | 992 |

| Activity (1 hour) | 130lbs | 155lbs | 190lbs |
|---|---------------|---------------|---------------|
| Running, 7.5mph (8 min mile) | 738 | 880 | 1078 |
| Running, 8 mph (7.5 min mile) | 797 | 950 | 1165 |
| Running, 8.6 mph (7 min mile) | 826 | 985 | 1208 |
| Running, 9 mph (6.5 min mile) | 885 | 1056 | 1294 |
| Running, cross country | 531 | 633 | 776 |
| Running, general | 472 | 563 | 690 |
| Running, in place | 472 | 563 | 690 |
| Running, on a track, team practice | 590 | 704 | 863 |
| Running, stairs, up | 885 | 1056 | 1294 |
| Running, training, pushing wheelchair | 472 | 563 | 690 |
| Running, wheeling, general | 177 | 211 | 259 |
| Sailing, boat/board, windsurfing, general | 177 | 211 | 259 |
| Sailing, in competition | 295 | 352 | 431 |
| Scrubbing floors, on hands and knees | 325 | 387 | 474 |
| Shoveling snow, by hand | 354 | 422 | 518 |
| Shuffleboard, lawn bowling | 177 | 211 | 259 |
| Sitting-playing with child(ren)-light | 148 | 176 | 216 |
| Skateboarding | 295 | 352 | 431 |
| Skating, ice, 9 mph or less | 325 | 387 | 474 |
| Skating, ice, general | 413 | 493 | 604 |
| Skating, ice, rapidly, > 9 mph | 531 | 633 | 776 |
| Skating, ice, speed, competitive | 885 | 1056 | 1294 |
| Skating, roller | 413 | 493 | 604 |
| Ski jumping (climb up carrying skis) | 413 | 493 | 604 |
| Ski machine, general | 561 | 669 | 819 |
| Skiing, cross-country, >8.0 mph, racing | 826 | 985 | 1208 |
| Skiing, cross-country, moderate effort | 472 | 563 | 690 |
| Skiing, cross-country, slow or light effort | 413 | 493 | 604 |
| Skiing, cross-country, uphill, maximum effort | 974 | 1161 | 1423 |
| Skiing, cross-country, vigorous effort | 531 | 633 | 776 |
| Skiing, downhill, light effort | 295 | 352 | 431 |
| Skiing, downhill, moderate effort | 354 | 422 | 518 |
| Skiing, downhill, vigorous effort, racing | 472 | 563 | 690 |
| Skiing, snow, general | 413 | 493 | 604 |
| Skiing, water | 354 | 422 | 518 |
| Ski-mobiling, water | 413 | 493 | 604 |
| Skin diving, scuba diving, general | 413 | 493 | 604 |
| Sledding, tobogganing, bobsledding, luge | 413 | 493 | 604 |
| Snorkeling | 295 | 352 | 431 |
| Snow shoeing | 472 | 563 | 690 |
| Snowmobiling | 207 | 246 | 302 |
| Soccer, casual, general | 413 | 493 | 604 |
| Soccer, competitive | 590 | 704 | 863 |
| Softball or baseball, fast or slow pitch | 295 | 352 | 431 |
| Softball, officiating | 354 | 422 | 518 |
| Squash | 708 | 844 | 1035 |
| Stair-treadmill ergometer, general | 354 | 422 | 518 |
| Standing-packing/unpacking boxes | 207 | 246 | 302 |
| Stretching, hatha yoga | 236 | 281 | 345 |
| Surfing, body or board | 177 | 211 | 259 |
| Sweeping garage, sidewalk | 236 | 281 | 345 |
| Swimming laps, freestyle, fast, vigorous effort | 590 | 704 | 863 |
| Swimming laps, freestyle, light/moderate effort | 472 | 563 | 690 |
| Swimming, backstroke, general | 472 | 563 | 690 |
| Swimming, breaststroke, general | 590 | 704 | 863 |
| Swimming, butterfly, general | 649 | 774 | 949 |
| Swimming, leisurely, general | 354 | 422 | 518 |
| Swimming, sidestroke, general | 472 | 563 | 690 |
| Swimming, synchronized | 472 | 563 | 690 |
| Swimming, treading water, fast/vigorous | 590 | 704 | 863 |
| Swimming, treading water, moderate effort | 236 | 281 | 345 |
| Table tennis, ping pong | 236 | 281 | 345 |
| Tai chi | 236 | 281 | 345 |
| Teaching aerobics class | 354 | 422 | 518 |
| Tennis, doubles | 354 | 422 | 518 |
| Tennis, general | 413 | 493 | 604 |
| Tennis, singles | 472 | 563 | 690 |
| Unicycling | 295 | 352 | 431 |
| Volleyball, beach | 472 | 563 | 690 |

| Activity (1 hour) | 130/lbs | 155/lbs | 190/lbs |
|--|----------------|----------------|----------------|
| Volleyball, competitive, in gymnasium | 236 | 281 | 345 |
| Volleyball, noncompetitive: 6-9 member team | 177 | 211 | 259 |
| Walk/run-playing with child(ren)-moderate | 236 | 281 | 345 |
| Walk/run-playing with child(ren)-vigorous | 295 | 352 | 431 |
| Walking, 2.0 mph, slow pace | 148 | 176 | 216 |
| Walking, 3.0 mph, mod. pace, walking dog | 207 | 246 | 302 |
| Walking, 3.5 mph, uphill | 354 | 422 | 518 |
| Walking, 4.0 mph, very brisk pace | 236 | 281 | 345 |
| Walking, carrying infant or 15-lb load | 207 | 246 | 302 |
| Walking, grass track | 295 | 352 | 431 |
| Walking, upstairs | 472 | 563 | 690 |
| Walking, using crutches | 236 | 281 | 345 |
| Wallyball, general | 413 | 493 | 604 |
| Water aerobics, water calisthenics | 236 | 281 | 345 |
| Water polo | 590 | 704 | 863 |
| Water volleyball | 177 | 211 | 259 |
| Weight lifting or body building, vigorous effort | 354 | 422 | 518 |
| Weight lifting, light or moderate effort | 177 | 211 | 259 |
| Whitewater rafting, kayaking, or canoeing | 295 | 352 | 431 |