

Weekly Activity Tracker

Burn as little as **1,000 calories** each week over and above your normal daily routine, and you can reduce the risks for some types of chronic disease and improve your overall quality of physical and mental health, according to the President’s Council on Physical Fitness and Sports.¹ You don’t have to do these activities all at once—you can split it into 10- or 15-minute intervals throughout the day.²

If you burn the same amount of calories as you take in, your weight will stay the same. For men, on average, that’s about 2,500 calories a day, and for women it’s a little over 1,800 calories each day.³ Do just a little more, and you can lose weight and gain health benefits.

Check off the activities below that you have added to your usual routine for each day of the week—and see just how quickly you can burn an additional 1,000 calories a week. Your doctor may want you to start slower, or do a little more. Always be sure to speak with your doctor before beginning or changing an exercise program.

Activities ⁴	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
Housework																
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							
Cleaning, light (dusting, straightening up)	15 min	43	48	54	60	65	71	77	86							
Cleaning, heavy or major (vigorous effort)	15 min	51	58	65	71	78	85	92	102							
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							

References: 1. President’s Council on Physical Fitness and Sports. The compendium of physical activities. *Research Digest*. Series 4, No. 2; June 2003. 2. Altena TS, Michaelson JL, Ball SD, Thomas TR. Single sessions of intermittent and continuous exercise and postprandial lipemia. *Med Sci Sports Exerc.* 2004;36(8):1364-1371. 3. Centers for Disease Control and Prevention. National Health and Nutrition Examination Survey. Intake of calories and selected nutrients for the United States population, 1999-2000. Available at: <http://www.cdc.gov/nchs/data/nhanes/databriefs/calories.pdf>. Accessed February 4, 2008. 4. Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 2000;32(9 Suppl):S498-S516.

Activities ⁴	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
Leisure Activities																
Arts & crafts (sitting, light effort)	30 min	51	58	65	71	78	85	92	102							
Arts & crafts (sitting, moderate effort)	30 min	68	77	86	95	104	113	122	136							
Arts & crafts (standing, light effort)	30 min	61	69	78	86	94	102	110	122							
Arts & crafts (standing, moderate effort)	30 min	102	116	129	143	156	170	184	204							
Billiards	30 min	85	96	108	119	130	141	152	169							
Bowling	30 min	102	116	129	143	156	170	184	204							
Canoeing/Rowing (for pleasure)	30 min	119	135	151	167	183	199	215	239							
Fishing	30 min	102	116	129	143	156	170	184	204							
Hiking cross-country	30 min	204	231	258	286	313	340	367	408							
Kayaking	30 min	170	193	215	238	261	283	306	340							
Playing catch (baseball or football)	15 min	43	48	54	60	65	71	77	86							
Playing Frisbee (general)	15 min	51	58	65	71	78	85	92	102							
Playing with pets (walk/run, light effort)	15 min	48	54	60	67	73	79	85	94							
Playing with pets (walk/run, moderate effort)	15 min	68	77	86	95	104	113	122	136							
Softball (fast or slow pitch)	30 min	170	193	215	238	261	283	306	340							
Walking dog	15 min	51	58	65	71	78	85	92	102							
Social Activities																
Ballroom dancing (fast, e.g., disco, folk, line, square dancing)	30 min	153	173	194	214	235	255	275	306							
Ballroom dancing (slow, e.g., waltz, foxtrot, tango)	30 min	102	116	129	143	156	170	184	204							
Camping (including standing, walking, sitting)	30 min	85	96	108	119	130	141	152	169							
Child care (sitting, during active periods only)	30 min	85	96	108	119	130	141	152	169							
Child care (standing, during active periods only)	30 min	102	116	129	143	156	170	184	204							
Family get-together/reunion (including sitting, relaxing, talking)	30 min	51	58	65	71	78	85	92	102							
Playing with children (walking/running, moderate, active periods only)	30 min	136	154	172	191	209	227	245	272							
Playing with children (walking/running, vigorous, active periods only)	30 min	170	193	215	238	261	283	306	340							
Playing guitar (classical or folk, sitting)	30 min	68	77	86	95	104	113	122	136							
Playing guitar (rock band, standing)	30 min	102	116	129	143	156	170	184	204							
Traveling/Touring (including walking, riding)	30 min	68	77	86	95	104	113	122	136							

Activities ⁴	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
Do-It-Yourself/Home Maintenance																
Automobile repairs	30 min	102	116	129	143	156	170	184	204							
Carpentry (general, workshop)	30 min	102	116	129	143	156	170	184	204							
Carpentry (outside, e.g., installing rain gutters, building fence)	30 min	204	231	259	286	313	340	367	408							
Caulking	15 min	77	87	97	107	117	127	137	152							
Cleaning gutters	30 min	170	193	215	238	261	283	306	340							
Cleaning out garage	30 min	170	193	215	238	261	283	306	340							
Finishing or refinishing cabinets or furniture	30 min	153	173	194	214	235	255	275	306							
Hanging storm windows	30 min	170	193	215	238	261	283	306	340							
Painting (inside home)	30 min	102	116	129	143	156	170	184	204							
Painting (outside home)	30 min	170	193	215	238	261	283	306	340							
Washing/waxing car	30 min	153	173	194	214	235	255	275	306							
Yard Work/Working Outside																
Digging/Filling garden	15 min	85	96	108	119	130	141	152	169							
Gardening (general)	30 min	136	154	172	191	209	227	245	272							
Mowing lawn (walking, power mower)	30 min	187	212	237	262	287	312	337	375							
Mowing lawn (riding mower)	30 min	85	96	108	119	130	141	152	169							
Raking lawn	30 min	146	166	185	205	224	243	262	291							
Shoveling snow, by hand	30 min	204	231	258	286	313	340	367	408							
Snow blower (walking)	30 min	153	173	194	214	235	255	275	306							
Watering lawn or garden (standing or walking)	30 min	51	58	65	71	78	85	92	102							
Weeding	15 min	77	87	97	107	117	127	137	152							

Activities ⁴	Time Spent	Calories burned if you weigh:								Sun	Mon	Tue	Wed	Thu	Fri	Sat
		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs							
General Exercise/Fitness Activities																
Aerobics (low-impact)	30 min	170	193	215	238	261	283	306	340							
Aerobics (high-impact)	30 min	238	270	301	333	365	397	429	477							
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							
Golf (using power cart)	30 min	119	135	151	167	183	199	215	239							
Golf (walking and carrying clubs)	30 min	153	173	194	214	235	255	275	306							
Golf (walking and pulling clubs)	30 min	146	166	185	205	224	243	262	291							
Jogging (general)	30 min	238	270	301	333	365	397	429	477							
Running (6 mph, 10 min/mile)	30 min	340	386	430	476	522	567	612	680							
Running (8 mph, 7.5 min/mile)	30 min	425	482	538	595	652	709	766	851							
Skiing (general)	30 min	238	270	301	333	365	397	429	477							
Tai chi	30 min	136	154	172	191	209	227	245	272							
Tennis (doubles)	30 min	204	231	259	286	313	340	367	408							
Tennis (singles)	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							
Water aerobics (aqua aerobics)	30 min	136	154	178	191	209	227	245	272							
Yoga/Mild stretching	15 min	43	48	56	60	65	71	77	86							
TOTAL ADDITIONAL CALORIES/DAY:																
TOTAL FOR THE WEEK:										Calories						

The amount of calories burned doing any of the activities listed can vary greatly from person to person even when their body weight is similar. One reason an increased activity level is so valuable is that it can increase an individual's amount of muscle mass and decrease their amount of fat. This increased muscle mass means you burn more calories doing any of the activities listed.

In order to maintain the benefits of this increased muscle mass, activities need to be worked in on a regular basis and become part of your daily or weekly routine. Therefore, you should choose activities that you enjoy and can stick with. You can also make your day-to-day activities more beneficial by parking farther away at places like the supermarket or mall, choosing the stairs instead of the elevator, and taking walks when you can to break up your day.

How to Use the Weekly Activity Tracker

Here's how to get to that extra 1,000 calories a week—it can be easy and even fun! For this example, we're using only the general fitness activities, but you have many more you can choose.

- 1. Find your weight.** How many calories you burn depends partly on how much you weigh. If you weigh **190 pounds**, you might circle it, as shown below, to help you keep track.
- 2. Put a check mark next to the activities you do each day.** If you go for a brisk walk for 30 minutes on Sunday, put a check in the box across from "Walking for Exercise," as below. By looking across at the 190-pound column, you can see that you've burned 163 calories! If you go bicycling on Tuesday, put a check there. Maybe you only have time to do it for 15 minutes—so make a note of it. You can see that you've burned about 130 calories (1/2 of 259). On Saturday, you go golfing (using a cart) for an hour—so make a note of that too. You've burned 302 calories—two times 151.
- 3. Add up your totals for each day at the bottom.** If you do more than one activity in a day, make sure to add the calorie totals together. We've checked additional activities below.
- 4. Add up your total for the week.** See how easy it is to burn an extra 1,000 calories in the course of a week!
- 5. Keep it up!** And always talk with your doctor about beginning or changing an exercise program.

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		150 lbs	170 lbs	190 lbs	210 lbs	230 lbs	250 lbs	270 lbs	300 lbs								
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Bicycling (leisure, slow, light effort)	30 min	204	231	259	286	313	340	367	408		✓ 1/2			✓			
Bicycling (leisure, moderate effort)	30 min	272	308	345	381	417	453	489	543								
Golf (using power cart)	30 min	119	135	151	167	183	199	215	239							✓ 2	
Golf (walking and carrying clubs)	30 min	153	173	194	214	235	255	275	306								
Golf (walking and pulling clubs)	30 min	146	166	185	205	224	243	262	291								
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Running (6 mph, 10 min/mile)	30 min	340	386	430	476	522	567	612	680								
Running (8 mph, 7.5 min/mile)	30 min	425	482	538	595	652	709	766	851								
Skiing (general)	30 min	238	270	301	333	365	397	429	477								
Tai chi	30 min	136	154	172	191	209	227	245	272								
Tennis (doubles)	30 min	204	231	259	286	313	340	367	408								
Tennis (singles)	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	✓		✓			✓		
Water aerobics (aqua aerobics)	30 min	136	154	178	191	209	227	245	272								
Yoga/Mild stretching	15 min	43	48	56	60	65	71	77	86								
TOTAL ADDITIONAL CALORIES/DAY:										163		293		259	163	302	
TOTAL FOR THE WEEK:										1180 Calories							

