

## Daily Activity Checklist

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.<sup>1</sup> Burn more calories than you eat, and you can lose weight and gain health benefits.

You can reduce the risks for some types of chronic disease and improve your overall quality of mental and physical health simply by burning an additional **150 calories** per day over and above your normal daily routine, according to the President's Council on Physical Fitness and Sports.<sup>2</sup> Here are some suggestions that can help you become more active and achieve that goal.

Check which activities you perform during an average day. 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.

Check your activities	Activities <sup>3</sup> (all in 30-minute intervals)	Calories Burned <i>Weight Range 1</i> 140 lbs to 170 lbs	Calories Burned <i>Weight Range 2</i> 180 lbs to 220 lbs	Calories Burned <i>Weight Range 3</i> 250 lbs to 280 lbs	Calories Burned <i>Weight Range 4</i> 290 lbs to 320 lbs
<b>Housework</b>					
	Cooking/preparing food (sitting or standing)	64 – 77	82 – 100	113 – 127	132 – 145
	Cooking/preparing food (walking)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, light (dusting, straightening up)	79 – 96	102 – 125	142 – 159	164 – 181
	Cleaning, heavy or major (vigorous effort)	95 – 116	122 – 150	170 – 191	197 – 218
	Feeding pets	79 – 96	102 – 125	142 – 159	164 – 181
	Mopping	111 – 135	143 – 175	198 – 222	230 – 254
	Putting away groceries	79 – 96	102 – 125	142 – 159	164 – 181
	Serving food/Setting table (walking or standing)	79 – 96	102 – 125	142 – 159	164 – 181
	Sweeping floors (inside)	105 – 127	135 – 165	187 – 210	217 – 239
	Sweeping garage or sidewalk	127 – 154	163 – 200	227 – 254	263 – 290
	Vacuuming	111 – 135	143 – 175	198 – 222	230 – 254
	Washing dishes	73 – 89	94 – 115	130 – 146	151 – 167
<b>Leisure Activities</b>					
	Arts & crafts (sitting, light effort)	48 – 58	61 – 75	85 – 95	99 – 109
	Arts & crafts (sitting, moderate effort)	64 – 77	82 – 100	113 – 127	132 – 145
	Arts & crafts (standing, light effort)	57 – 69	73 – 90	102 – 114	118 – 131
	Arts & crafts (standing, moderate effort)	95 – 116	122 – 150	170 – 191	197 – 218
	Billiards	79 – 96	102 – 125	142 – 159	164 – 181
	Bowling	95 – 116	122 – 150	170 – 191	197 – 218
	Canoeing/Rowing (for pleasure)	111 – 135	143 – 175	198 – 222	230 – 254
	Fishing	95 – 116	122 – 150	170 – 191	197 – 218
	Hiking cross-country	191 – 231	245 – 299	340 – 381	395 – 435
	Kayaking	159 – 193	204 – 249	283 – 318	329 – 363
	Playing catch (baseball or football)	79 – 96	102 – 125	142 – 159	164 – 181
	Playing Frisbee (general)	95 – 116	122 – 150	170 – 191	197 – 218
	Playing with pets (walk/run, light effort)	89 – 108	114 – 140	142 – 159	164 – 181
	Playing with pets (walk/run, moderate effort)	127 – 154	163 – 200	227 – 254	263 – 290
	Softball (fast or slow pitch)	159 – 193	204 – 249	283 – 318	329 – 363
	Walking dog	95 – 116	122 – 150	170 – 191	197 – 218

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<b>Social Activities</b>					
	Ballroom dancing (fast, e.g., disco, folk, line, square dancing)	143 – 173	184 – 225	255 – 274	296 – 327
	Ballroom dancing (slow, e.g., waltz, foxtrot, tango)	95 – 116	122 – 150	170 – 191	197 – 218
	Camping (including standing, walking, sitting)	79 – 96	102 – 125	142 – 159	164 – 181
	Child care (sitting, during active periods only)	79 – 96	102 – 125	142 – 159	164 – 181
	Child care (standing, during active periods only)	95 – 116	122 – 150	170 – 191	197 – 218
	Family get-together/reunion (including sitting, relaxing, talking)	48 – 58	61 – 75	85 – 95	99 – 109
	Playing with children (walking/running, moderate, active periods only)	127 – 154	163 – 200	227 – 254	263 – 290
	Playing with children (walking/running, vigorous, active periods only)	159 – 193	204 – 249	283 – 318	329 – 363
	Playing guitar (classical or folk, sitting)	64 – 77	82 – 100	113 – 127	132 – 145
	Playing guitar (rock band, standing)	95 – 116	122 – 150	170 – 191	197 – 218
	Traveling/Touring (including walking, riding)	64 – 77	82 – 100	113 – 127	132 – 145
<b>Do-It-Yourself/Home Maintenance</b>					
	Automobile repairs	95 – 116	122 – 150	170 – 191	197 – 218
	Carpentry (general, workshop)	95 – 116	122 – 150	170 – 191	197 – 218
	Carpentry (outside, e.g., installing rain gutters, building fence)	191 – 231	245 – 299	340 – 381	395 – 435
	Caulking	143 – 173	184 – 225	255 – 274	296 – 327
	Cleaning gutters	159 – 193	204 – 249	283 – 318	329 – 363
	Cleaning out garage	159 – 193	204 – 249	283 – 318	329 – 363
	Finishing or refinishing cabinets or furniture	143 – 173	184 – 225	255 – 274	296 – 327
	Hanging storm windows	159 – 193	204 – 249	283 – 318	329 – 363
	Painting (inside home)	95 – 116	122 – 150	170 – 191	197 – 218
	Painting (outside home)	159 – 193	204 – 249	283 – 318	329 – 363
	Washing/waxing car	143 – 173	184 – 225	255 – 274	296 – 327
<b>Yard Work/Working Outside</b>					
	Digging/Filling garden	159 – 193	204 – 249	283 – 318	329 – 363
	Gardening (general)	127 – 154	163 – 200	227 – 254	263 – 290
	Raking lawn	137 – 166	176 – 215	244 – 273	283 – 312
	Mowing lawn (walking, power mower)	175 – 212	225 – 274	312 – 349	362 – 399
	Mowing lawn (riding mower)	79 – 96	102 – 125	142 – 159	164 – 181
	Shoveling snow, by hand	191 – 231	245 – 299	340 – 381	395 – 435
	Snow blower (walking)	143 – 173	184 – 225	255 – 274	296 – 327
	Watering lawn or garden (standing or walking)	48 – 58	61 – 75	85 – 95	99 – 109
	Weeding	143 – 173	184 – 225	255 – 274	296 – 327

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<b>General Exercise/Fitness Activities</b>					
	Aerobics (low-impact)	159 – 193	204 – 249	283 – 318	329 – 363
	Aerobics (high-impact)	222 – 270	286 – 349	397 – 445	460 – 508
	Bicycling (leisure, slow, light effort)	191 – 231	245 – 299	340 – 381	395 – 435
	Bicycling (leisure, moderate effort)	254 – 308	327 – 399	454 – 508	526 – 581
	Golf (using power cart)	111 – 135	143 – 175	198 – 222	230 – 254
	Golf (walking and pulling clubs)	137 – 166	176 – 215	244 – 273	283 – 312
	Golf (walking and carrying clubs)	143 – 173	184 – 225	255 – 274	296 – 327
	Jogging (general)	222 – 270	286 – 349	397 – 445	460 – 508
	Skiing (general)	222 – 270	286 – 349	397 – 445	460 – 508
	Running (6 mph, 10 min/mile)	318 – 386	408 – 499	567 – 635	658 – 726
	Running (8 mph, 7.5 min/mile)	397 – 482	510 – 624	765 – 857	888 – 980
	Tai chi	127 – 154	163 – 200	227 – 254	263 – 290
	Tennis (doubles)	191 – 231	245 – 299	340 – 381	395 – 435
	Tennis (singles)	254 – 308	327 – 399	454 – 508	526 – 581
	Walking for exercise (brisk pace)	121 – 147	155 – 190	215 – 241	250 – 276
	Water aerobics (aqua aerobics)	127 – 154	163 – 200	227 – 254	263 – 290
	Yoga/Mild stretching	79 – 96	102 – 125	142 – 159	164 – 181

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.

**References:** **1.** 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. **2.** President's Council on Physical Fitness and Sports. The compendium of physical activities. *Research Digest*. Series 4, No. 2; June 2003. **3.** 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.

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### How to Use Your Daily Activity Checklist

It's easy to keep track of whether you've burned an extra 150 calories a day. The example below illustrates a person who falls in Weight Range 2. For simplicity, it uses only the housework activities, but you have many more to choose from in your Daily Activity Checklist!

- 1. Find your weight range.** The number of calories you burn partly depends on how much you weigh. If you weigh **180 to 220 pounds, Weight Range 2**, you might want to circle that range, as shown above, to make it easier to keep track.
- 2. Put a check mark next to the activities that you performed today.** If you did the cooking (while sitting or standing) put a check next to that box, as above. By looking across to the Weight Range 2 column, you will see that you've burned between 82 and 100 calories for the day already! That puts you close to your goal of 150 calories for the day. If you also put away groceries, you'll burn between 102 and 125 calories. With just these two activities, you will burn between **184 and 225 calories**—resulting in your goal of 150 calories for the day! Remember the number of calories listed is for 30 minutes of each activity, so divide it by half if you only did it for 15 minutes a day, or double it if you spent an hour doing it during the day.
- 3. Add it up for the day.** Just by glancing at the activities that you've checked off it's easy to see whether you were able to burn that extra 150 calories a day. Just by looking at the example above, you can see that it can be easy and fun to get a little more activity into your everyday routine—and you can see just how quickly those calories add up!
- 4. Keep it up!** And always talk with your doctor about beginning or changing an exercise program.

