

CALORIE UTILIZATION CHART

Daily Activities	Per hour	Per week (1 hour a day)
Eating	55 - 85	385 - 595
Dressing	25 - 100	175 - 700
Driving	100 - 150	700 - 1,050
Resting—supine	50 - 85	350 - 595
Sitting	25 - 50	175 - 350
Sleeping	30 - 70	210 - 490
Standing—at rest	20 - 80	140 - 560
Talking	75 - 100	525 - 700

Housework

In general	200 - 300	1,400 - 2,100
Dusting	160 - 200	1,120 - 1,400
Making beds	200 - 250	1,400 - 1,750
Mopping	150 - 200	1,050 - 1,400
Polishing	200 - 250	1,400 - 1,750
Sewing	10 - 50	70 - 350
Sweeping	100 - 150	700 - 1,050
Washing dishes	60 - 100	420 - 700
Washing windows	225 - 275	1,575 - 1,925

Gardening

In general	200 - 300	1,400 - 2,100
Hoeing & raking	250 - 325	1,750 - 2,275
Sawing wood	400 - 500	2,800 - 3,500
Shoveling snow	400 - 600	2,800 - 4,200
Weeding	250 - 325	1,750 - 2,275

Work

Carpentry	150 - 300	1,050 - 2,100
Housepainting	150 - 225	1,050 - 1,575
Office work	150 - 225	1,050 - 1,575
Pick & shovel	300 - 600	2,100 - 4,200
Writing	25 - 100	175 - 700