

Physical Exercise	Per hour	Per week (1 hour a day)
Walking 2 MPH	200 - 225	1,400 - 1,575
3 MPH	250 - 300	1,750 - 2,100
4 MPH	350 - 400	2,450 - 2,800
Jogging (under 5 MPH)	500 - 650	3,500 - 4,550
5.5 MPH	600 - 700	4,200 - 4,900
9 MPH	800 - 1,000	5,600 - 70,000
Cycling 5 MPH	250 - 300	1,750 - 2,100
10 MPH	450 - 500	3,150 - 3,500
15 MPH	650 - 800	4,550 - 5,600
Dancing	200 - 500	1,400 - 3,500

Sports

Callisthenics (medium)	250 - 400	1,750 - 2,800
(hard)	400 - 600	2,800 - 4,200
Baseball	300 - 500	2,100 - 3,500
Basketball	400 - 550	2,800 - 3,850
Bowling	200 - 400	1,400 - 2,800
Canoeing	175 - 500	1,225 - 3,500
Fencing	300 - 600	2,100 - 4,200
Golf	300 - 400	2,100 - 2,800
Handball (hard)	500 - 700	3,500 - 4,900
Horseback riding	150 - 600	1,050 - 4,200
Mountain climbing	600 - 900	4,200 - 6,300
Rowing (hard)	1,000 - 1,300	7,000 - 9,100
Sailing	150 - 600	1,050 - 4,200
Skating	300 - 600	2,100 - 4,200
Skijng	250 - 550	1,750 - 3,850
Soccer	525 - 600	3,675 - 4,200
Squash	600 - 800	4,200 - 5,600
Swimming (breaststroke)	300 - 600	2,100 - 4,200
(crawl)	500 - 700	3,500 - 4,900
Tennis (doubles)	400 - 500	2,800 - 3,500
(singles)	550 - 700	3,850 - 4,900
Volleyball	300 - 600	2,100 - 4,200