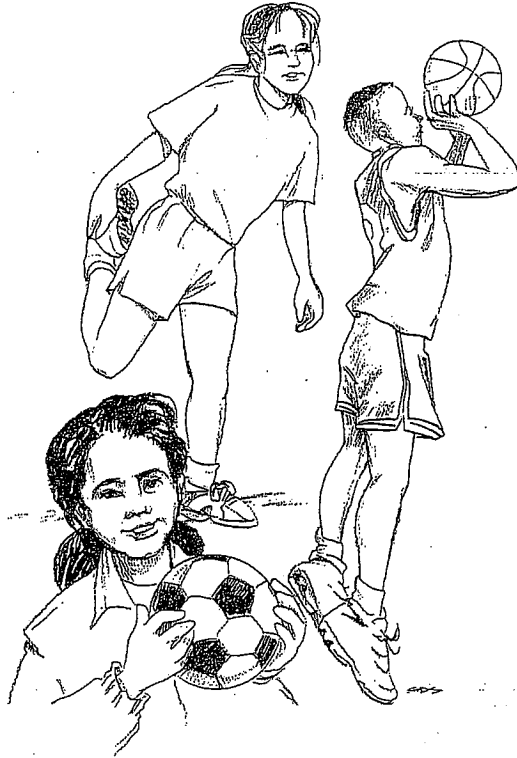


## STUDENT GUIDE 4.1

## How Many Calories Do You Burn

~~Each Day?~~

## FRIDAY, SATURDAY, SUNDAY?



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**Situation/Problem**

Physical activity burns calories. But do you know how many calories you burn each day? This project will help you find out. You will keep track of your activities for seven days. Based on the time you spend in each activity, you will calculate the total number of calories you used for the activity. You will then find the total number of calories you expended each day.

**Possible Strategies**

1. Use a chart to record the activities you perform each day.
2. Be as accurate as you can in recording activities and times.

**Special Considerations**

- Record every activity you do from the time you wake up in the morning to the time you go to sleep. Also be sure to record your sleep time.

## DATA SHEET 4.2

# Caloric Expenditure and Physical Activities

Below are various activities and estimates of the amount of calories you would burn each hour for each pound you weigh while taking part in an activity. You can find an estimate of your caloric expenditure by using this formula:

$$\text{Your weight} \times \text{calories per hour per pound} \times \text{time} = \text{Total calories}$$

Suppose you weigh 120 pounds and mow the lawn for an hour and a half. You would multiply  $120 \times 2.7 \times 1.5$ , which equals 486 calories. By mowing the lawn for an hour and a half, you would have used 486 calories, roughly equal to that hamburger and French fries you gulped down for dinner.

In the following list, the number following the activity is the calories per hour per pound you would burn during the activity.

Badminton—2.7	Keyboarding—0.8
Baseball—2.9	Lying at ease—0.6
Basketball—4.5	Mowing the lawn—2.7
Boxing—4.5	Marching (rapid)—3.9
Canoeing (leisurely)—1.2	Playing drums—1.8
Card playing—0.7	Playing flute—1.0
Chopping wood (ax)—2.3	Playing piano—1.1
Cleaning (house)—1.6	Playing trumpet—0.9
Cooking—1.3	Playing violin—1.3
Cycling—2.5	Racquetball—4.0
Dancing (ballroom)—1.6	Raking leaves—2.3
Dancing (current hits)—2.8	Rowing machine—3.1
Eating—0.8	Shoveling snow—3.9
Fishing—1.7	Sitting—0.6
Football—4.4	Skating—2.8
Gardening—2.1	Skiing (cross-country)—3.7
Golf (walking)—2.3	Skiing (downhill)—2.5
Gymnastics—3.7	Sleeping—0.4
Hiking—3.6	Soccer—3.7
Horseback riding—2.7	Swimming—3.8
Ironing—0.9	Tennis—2.5
Jogging (distance)—4.2	Walking—2.2
Judo (vigorous) 4.3	Weight training—1.9
Jumping rope—3.8	Writing—0.8

You may research via internet/library  
(Creditable Source) for more info.

Name \_\_\_\_\_

### WORKSHEET 4.3

# A Daily Activity Chart

Day Number \_\_\_\_\_

Date \_\_\_\_\_

Starting Time	Ending Time	Length of time	Activity	Cal. per hr. per lb.	Weight	Total Calories
Total Calories for Day						

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Name \_\_\_\_\_

WORKSHEET 4.3

# A Daily Activity Chart

Day Number \_\_\_\_\_

Date \_\_\_\_\_

Starting Time	Ending Time	Length of time	Activity	Cal. per hr. per lb.	Weight	Total Calories
Total Calories for Day						

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