

Fast Break! Challenge Resource Guide: Calories Burned Conversion chart

**Remember these are just estimates, actual calories burned may vary slightly*

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Aerobics, general	384	457	531	605
Aerobics, high impact	413	493	572	651
Aerobics, low impact	295	352	409	465
Aerobics, step aerobics	502	598	695	791
Archery	207	246	286	326
Backpacking, Hiking with pack	413	493	572	651
Badminton	266	317	368	419
Bagging grass, leaves	236	281	327	372
Bakery, light effort	148	176	204	233
Ballet, twist, jazz, tap	266	317	368	419
Ballroom dancing, fast	325	387	449	512
Ballroom dancing, slow	177	211	245	279
Basketball game, competitive	472	563	654	745
Basketball, playing, non-game	354	422	490	558
Basketball, shooting baskets	266	317	368	419
Basketball, wheelchair	384	457	531	605
Bathing dog	207	246	286	326
Bird watching	148	176	204	233
Boating, power, speed boat	148	176	204	233
Bowling	177	211	245	279
Boxing, in ring	708	844	981	1117
Boxing, punching bag	354	422	490	558
Boxing, sparring	531	633	735	838
Calisthenics, light, pushups, sit-ups...	207	246	286	326
Calisthenics, fast, pushups, sit-ups...	472	563	654	745
Canoeing, camping trip	236	281	327	372
Canoeing, rowing, light	177	211	245	279
Canoeing, rowing, moderate	413	493	572	651
Canoeing, rowing, vigorous	708	844	981	1117
Carpentry, general	207	246	286	326

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Carrying 16 to 24 lbs, upstairs	354	422	490	558
Carrying 25 to 49 lbs, upstairs	472	563	654	745
Carrying heavy loads	472	563	654	745
Carrying infant, level ground	207	246	286	326
Carrying infant, upstairs	295	352	409	465
Carrying moderate loads upstairs	472	563	654	745
Carrying small children	177	211	245	279
Children's games, hopscotch...	295	352	409	465
Circuit training, minimal rest	472	563	654	745
Cleaning gutters	295	352	409	465
Cleaning, dusting	148	176	204	233
Climbing hills, carrying up to 9 lbs	413	493	572	651
Climbing hills, carrying 10 to 20 lb	443	528	613	698
Climbing hills, carrying 21 to 42 lb	472	563	654	745
Climbing hills, carrying over 42 lb	531	633	735	838
Coaching: football, basketball, soccer	236	281	327	372
Coal mining, general	354	422	490	558
Construction, exterior, remodeling	325	387	449	512
Crew, sculling, rowing, competition	708	844	981	1117
Cricket (batting, bowling)	295	352	409	465
Croquet	148	176	204	233
Cross country snow skiing, slow	413	493	572	651
Cross country skiing, moderate	472	563	654	745
Cross country skiing, racing	826	985	1144	1303
Cross country skiing, uphill	974	1161	1348	1536
Cross country skiing, vigorous	531	633	735	838
Curling	236	281	327	372
Cycling, <10mph, leisure bicycling	236	281	327	372
Cycling, >20mph, racing	944	1126	1308	1489
Cycling, 10-11.9mph, light	354	422	490	558
Cycling, 12-13.9mph, moderate	472	563	654	745
Cycling, 14-15.9mph, vigorous	590	704	817	931
Cycling, 16-19mph, very fast, racing	708	844	981	1117
Cycling, mountain bike, bmx	502	598	695	791

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Darts (wall or lawn)	148	176	204	233
Diving, springboard or platform	177	211	245	279
Downhill snow skiing, moderate	354	422	490	558
Downhill snow skiing, racing	472	563	654	745
Electrical work, plumbing	207	246	286	326
Farming, baling hay, cleaning barn	472	563	654	745
Farming, chasing cattle on horseback	236	281	327	372
Farming, feeding horses or cattle	266	317	368	419
Farming, feeding small animals	236	281	327	372
Farming, grooming animals	354	422	490	558
Fencing	354	422	490	558
Fire fighter, climbing ladder, full gear	649	774	899	1024
Fire fighter, hauling hoses on ground	472	563	654	745
Fishing from boat, sitting	148	176	204	233
Fishing from riverbank, standing	207	246	286	326
Fishing from riverbank, walking	236	281	327	372
Fishing in stream, in waders	354	422	490	558
Fishing, general	177	211	245	279
Fishing, ice fishing	118	141	163	186
Flying airplane (pilot)	118	141	163	186
Football or baseball, playing catch	148	176	204	233
Football, competitive	531	633	735	838
Football, touch, flag, general	472	563	654	745
Forestry, ax chopping, fast	1003	1196	1389	1582
Forestry, ax chopping, slow	295	352	409	465
Forestry, carrying logs	649	774	899	1024
Forestry, sawing by hand	413	493	572	651
Forestry, trimming trees	531	633	735	838
Frisbee playing, general	177	211	245	279
Frisbee, ultimate Frisbee	472	563	654	745
Gardening, general	236	281	327	372
General cleaning	207	246	286	326
Golf, driving range	177	211	245	279
Golf, general	266	317	368	419

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Golf, miniature golf	177	211	245	279
Golf, using power cart	207	246	286	326
Golf, walking and pulling clubs	254	303	351	400
Golf, walking and carrying clubs	266	317	368	419
Gymnastics	236	281	327	372
Hacky sack	236	281	327	372
Handball	708	844	981	1117
Handball, team	472	563	654	745
Health club exercise	325	387	449	512
Hiking, cross country	354	422	490	558
Hockey, field hockey	472	563	654	745
Hockey, ice hockey	472	563	654	745
Horseback riding, saddling horse	207	246	286	326
Horse grooming	354	422	490	558
Horse racing, galloping	472	563	654	745
Horse racing, trotting	384	457	531	605
Horse racing, walking	153	183	212	242
Horseback riding	236	281	327	372
Horseback riding, grooming horse	207	246	286	326
Horseback riding, trotting	384	457	531	605
Horseback riding, walking	148	176	204	233
Horseshoe pitching	177	211	245	279
Housework, light	148	176	204	233
Housework, moderate	207	246	286	326
Housework, vigorous	236	281	327	372
Hunting, general	295	352	409	465
Hunting, large game	354	422	490	558
Hunting, small game	295	352	409	465
Ice skating, < 9 mph	325	387	449	512
Ice skating, average speed	413	493	572	651
Ice skating, rapidly	531	633	735	838
Instructing aerobics class	354	422	490	558
Jai alai	708	844	981	1117
Jazzercise	354	422	490	558

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Judo, karate, jujitsu, martial arts	590	704	817	931
Juggling	236	281	327	372
Jumping rope, fast	708	844	981	1117
Jumping rope, moderate	590	704	817	931
Jumping rope, slow	472	563	654	745
Kayaking	295	352	409	465
Kick boxing	590	704	817	931
Kickball	413	493	572	651
Krav maga class	590	704	817	931
Lacrosse	472	563	654	745
Loading, unloading car	177	211	245	279
Machine tooling, sheet metal	148	176	204	233
Machine tooling, tapping, drilling	236	281	327	372
Marching band, playing instrument	236	281	327	372
Marching, rapidly, military	384	457	531	605
Masonry, concrete	413	493	572	651
Masseur, masseuse, standing	236	281	327	372
Mild stretching	148	176	204	233
Moving heavy objects, moving van	443	528	613	698
Mowing lawn, riding mower	148	176	204	233
Mowing lawn, walk, power mower	325	387	449	512
Music, playing a cello	118	141	163	186
Music, playing drums	236	281	327	372
Music, playing guitar	177	211	245	279
Music, playing piano	148	176	204	233
Music, playing trombone	207	246	286	326
Music, playing trumpet	148	176	204	233
Music, playing violin	148	176	204	233
Nursing, patient care	177	211	245	279
Orienteering	531	633	735	838
Paddle boat	236	281	327	372
Paddleball, competitive	590	704	817	931
Paddleball, playing	354	422	490	558
Painting	266	317	368	419

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Pistol shooting, trap shooting, range	148	176	204	233
Playing pool, billiards	148	176	204	233
Police, directing traffic, standing	148	176	204	233
Police, making an arrest	236	281	327	372
Polo	472	563	654	745
Pushing a wheelchair	236	281	327	372
Pushing plane in and out of hanger	354	422	490	558
Pushing stroller, walking with children	148	176	204	233
Race walking	384	457	531	605
Racquetball, competitive	590	704	817	931
Racquetball, playing	413	493	572	651
Raking lawn	254	303	351	400
Riding motorcycle	148	176	204	233
Riding, snow blower	177	211	245	279
Rock climbing, ascending rock	649	774	899	1024
Rock climbing, mountain climbing	472	563	654	745
Rock climbing, rappelling	472	563	654	745
Roller blading, in-line skating	708	844	981	1117
Roller skating	413	493	572	651
Rowing machine, light	207	246	286	326
Rowing machine, moderate	413	493	572	651
Rowing machine, very vigorous	708	844	981	1117
Rowing machine, vigorous	502	598	695	791
Rugby	590	704	817	931
Running, 5 mph (12 minute mile)	472	563	654	745
Running, 5.2 mph (11.5 minute mile)	531	633	735	838
Running, 6 mph (10 min mile)	590	704	817	931
Running, 6.7 mph (9 min mile)	649	774	899	1024
Running, 7 mph (8.5 min mile)	679	809	940	1070
Running, 7.5mph (8 min mile)	738	880	1022	1163
Running, 8 mph (7.5 min mile)	797	950	1103	1256
Running, 8.6 mph (7 min mile)	826	985	1144	1303
Running, 9 mph (6.5 min mile)	885	1056	1226	1396
Running, 10 mph (6 min mile)	944	1126	1308	1489

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Running, 10.9 mph (5.5 min mile)	1062	1267	1471	1675
Running, cross country	531	633	735	838
Running, general	472	563	654	745
Running, on a track, team practice	590	704	817	931
Running, stairs, up	885	1056	1226	1396
Running, training, pushing wheelchair	472	563	654	745
Sailing, competition	295	352	409	465
Sailing, yachting, ocean sailing	177	211	245	279
Shoveling snow by hand	354	422	490	558
Shoveling, digging ditches	502	598	695	791
Shuffleboard, lawn bowling	177	211	245	279
Sit, playing with animals, light	148	176	204	233
Sitting, light office work	89	106	123	140
Skateboarding	295	352	409	465
Ski machine	413	493	572	651
Ski mobiling	413	493	572	651
Skiing, water skiing	354	422	490	558
Skin diving, fast	944	1126	1308	1489
Skin diving, moderate	738	880	1022	1163
Skin diving, scuba diving	413	493	572	651
Skin diving or scuba diving	708	844	981	1117
Sky diving	177	211	245	279
Sledding, tobogganing, luge	413	493	572	651
Snorkeling	295	352	409	465
Snow shoeing	472	563	654	745
Snow skiing, downhill skiing, light	295	352	409	465
Snowmobiling	207	246	286	326
Soccer, competitive	590	704	817	931
Soccer, playing	413	493	572	651
Softball or baseball	295	352	409	465
Softball, officiating	236	281	327	372
Softball, pitching	354	422	490	558
Speed skating, ice, competitive	885	1056	1226	1396
Squash	708	844	981	1117

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Stair machine	531	633	735	838
Standing, bartending, store clerk	136	162	188	214
Standing, playing with children, light	165	197	229	261
Stationary cycling, light	325	387	449	512
Stationary cycling, moderate	413	493	572	651
Stationary cycling, very light	177	211	245	279
Stationary cycling, very vigorous	738	880	1022	1163
Stationary cycling, vigorous	620	739	858	977
Steel mill, working in general	472	563	654	745
Stretching, hatha yoga	236	281	327	372
Surfing, body surfing or board surfing	177	211	245	279
Swimming backstroke	413	493	572	651
Swimming breaststroke	590	704	817	931
Swimming butterfly	649	774	899	1024
Swimming laps, freestyle, fast	590	704	817	931
Swimming laps, freestyle, slow	413	493	572	651
Swimming leisurely, not laps	354	422	490	558
Swimming sidestroke	472	563	654	745
Swimming synchronized	472	563	654	745
Swimming, treading water, fast	590	704	817	931
Swimming, treading water, moderate	236	281	327	372
Table tennis, ping pong	236	281	327	372
Tae kwan do, martial arts	590	704	817	931
Tai chi	236	281	327	372
Tailoring, general	148	176	204	233
Taking out trash	177	211	245	279
Teach exercise class (& participate)	384	457	531	605
Teach physical education class	236	281	327	372
Tennis playing	413	493	572	651
Tennis, doubles	354	422	490	558
Tennis, singles	472	563	654	745
Track and field (high jump, pole vault)	354	422	490	558
Track and field (hurdles)	590	704	817	931
Track and field (shot, discus)	236	281	327	372

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Trampoline	207	246	286	326
Truck driving, loading, unloading truck	384	457	531	605
Typing, computer data entry	89	106	123	140
Unicycling	295	352	409	465
Using crutches	295	352	409	465
Volleyball playing	177	211	245	279
Volleyball, beach	472	563	654	745
Volleyball, competitive	472	563	654	745
Walk / run, playing, moderate	236	281	327	372
Walk / run, playing, vigorous	295	352	409	465
Walking 2.0 mph, slow	148	176	204	233
Walking 2.5 mph	177	211	245	279
Walking 3.0 mph, moderate	195	232	270	307
Walking 3.5 mph, brisk pace	224	267	311	354
Walking 3.5 mph, uphill	354	422	490	558
Walking 4.0 mph, very brisk	295	352	409	465
Walking 4.5 mph	372	443	515	586
Walking 5.0 mph	472	563	654	745
Walking downstairs	177	211	245	279
Walking the dog	177	211	245	279
Walking, pushing a wheelchair	236	281	327	372
Walking, snow blower	207	246	286	326
Walking, under 2.0 mph, very slow	118	141	163	186
Wallyball	413	493	572	651
Water aerobics	236	281	327	372
Water aerobics, water calisthenics	236	281	327	372
Water jogging	472	563	654	745
Water polo	590	704	817	931
Water volleyball	177	211	245	279
Watering lawn or garden	89	106	123	140
Weeding, cultivating garden	266	317	368	419
Weight lifting, body building, vigorous	354	422	490	558
Weight lifting, light workout	177	211	245	279
Whitewater rafting, kayaking, canoeing	295	352	409	465

Exercise & Calories Burned per Hour	130 lbs	155 lbs	180 lbs	205 lbs
Windsurfing, sailing	177	211	245	279
Wrestling	354	422	490	558