

Appendix B – Physical Activity Calorie Use Chart

Physical Activity Calorie Use Chart

(approximate calories used per hour by a 100-, 150- and 200-pound person)

Activity	100 lb.	150 lb.	200 lb.
Bicycling, 6 mph	160	240	312
Bicycling, 12 mph	270	410	534
Jogging, 7 mph	610	920	1230
Running, 5.5mph	440	660	962
Running, 10 mph	850	1280	1664
Walking, 2 mph	160	240	312
Walking, 3 mph	210	320	416
Walking, 4.5 mph	295	440	572

Source: American Heart Association (www.americanheart.org)