

# weight loss planner



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LEAN90  
PAK

# Overview

**Name:**

**Date:**

**Phone/Email:**

Adult weight gain is simply a result of eating more calories than you burn. Your appetite, the constant availability of food, sedentary lifestyles and tiny **daily** increases in weight that you don't notice all lead to slow and steady weight gain. To achieve and maintain a healthy weight, you want to

- Train your appetite so you consume less. This system will help you feel full sooner and longer which decreases the desire to eat.
- Block absorption of unneeded calories by diverting a significant portion of consumed fat and carbohydrate calories so they're not stored as body fat. You'll still receive the satisfaction of consuming them.
- Maintain constant visibility by weighing regularly. By charting your daily progress, you'll see exactly how much to adjust your intake and activity at every seven day interval. If you want to know what to do on a daily basis, send us your weight and you'll get instant feedback.
- Move more than you currently do any way you can. Never sit when you can perform the same activity standing or pacing, and learn how to fit activity into your daily routine.

This 90-day system will jump start your weight loss success using simple methods suited for your lifestyle.

## dotFIT Fact

Based on the current obesity epidemic, scientists predict all adults living in the United States will be overweight or obese by the year 2048. The good news is that anyone can achieve long-term weight loss using the right tools and information.

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# Set a Goal

A cornerstone of success in any endeavor is goal setting, and writing your goals down is a valuable commitment to action. Suggested weight loss for most is one to two pounds per week or one to two percent body fat every two weeks. Weekly weight loss can be greater depending on your starting weight. In general, the more weight you have to lose, the faster you can lose it. One pound of body fat contains approximately 3,500 calories. Use the table below to determine how many extra calories you'll have to burn or cut out of your diet each day for different weight loss goals.

Weekly weight loss goal	Daily calories to reduce or burn through activity
½ lb	250
1 lb	500
1.5	750
2	1000

Select your target goal weight and write it down in the space below. This is the weight you'd ultimately like to achieve.

My goal weight is \_\_\_\_\_.

Always keep in mind that weight loss comes down to burning more calories than you take in. As long as you consistently do this, you'll lose weight.

**Get support at [www.dotFIT.com/90dayweightloss](http://www.dotFIT.com/90dayweightloss).**

## dotFIT Fact

The average annual weight gain is only one pound, which can be prevented or reversed by adjusting our daily intake or activity level. Taking an additional 150 steps a day can prevent the pound per year gain. For more information, go to [www.dotFIT.com](http://www.dotFIT.com) and read "Weight Control 101" in our weight loss library.

## Eat Less

Reducing your daily intake helps create the required factor for weight loss—a calorie deficit. A calorie deficit means you're burning more fuel than you're taking in, which forces your body to use stored fuel, or body fat. You can create a calorie deficit and burn that unwanted fat by following any of these options:

- Follow any diet you like but keep in mind that drastic changes in your eating habits tend to be short-lived. We suggest selecting a diet you see yourself maintaining for life.
- Reduce the portion sizes of whatever you're currently eating until your weekly weight drops as planned. You don't have to count calories if you don't want to. Changes in your weight will determine whether you need to reduce portions further.
- Track and reduce calories. The mere act of writing down what and how much you eat has been shown to enhance weight loss. The pocket size CalorieKing Calorie Counter contains thousands of items including restaurant and fast food items. Use the Daily Tracker beginning on page 42 to log your food. You can download additional pages at [www.dotFIT.com/90dayweightloss](http://www.dotFIT.com/90dayweightloss). In general, women will achieve weight loss by consuming 1250 calories per day and men will achieve weight loss by consuming 2000 calories per day. Your daily or weekly weight will determine if adjustments are necessary for continual progress.
- Follow pre-planned menus on pages 5–14. Included are various 1250 calorie menus for women and 2000 calorie menus for men which can be adjusted up or down depending on your needs and goals. These menus let you know exactly what and how much to eat at each meal. The different menu types offered are listed here and can be found at [www.dotFIT.com/90dayweightloss](http://www.dotFIT.com/90dayweightloss).
  - Standard—Based on the Dietary Guidelines for Americans, rich in whole grains, fruits, vegetables and lean protein.
  - Vegetarian—Designed for those who do not consume red meat, pork or poultry.

- Heart Healthy/Mediterranean—Based on the Mediterranean diet which emphasizes healthy fats, fish, whole grains, fruits and vegetables.
- 40/30/30—Contains approximately 40 percent carbohydrates, 30 percent protein and 30 percent fat.
- Lactose free—Designed for people who are lactose intolerant and must avoid milk based products.
- Healthy Fast Food—For those who are constantly on-the-go. Contains healthy items from restaurants and fast food.
- Night Out—Specifically designed for those special occasions when you have a planned night out. Most of your calories are designated for your evening meal.
- Performance Menu—Designed for individuals who exercise regularly or participate in sport or other athletic activity. Pre- and post- meals and snacks have the ideal amounts of carbohydrates, protein and fat.



## **dotFIT Fact**

The environment has a tremendous impact on how much we consume. Most people underestimate their intake by at least 20 to 30 percent, which can thwart weight control efforts. Read “How You May Be Sabotaging Your Weight” in our weight loss library at [www.dotFIT.com](http://www.dotFIT.com).

# Sample Menus

## 1250 Calorie Menus

These menus will result in weight loss for most women. You may increase daily calories based on individual preference or needs. You can get more menus online at [www.dotFIT.com/90dayweight loss](http://www.dotFIT.com/90dayweightloss).

### Standard Menu—1250 Calories

This is an ideal menu based on the Dietary Guidelines for Americans and contains mostly whole grains, three to five servings of fruits and vegetables and at least 25 grams of fiber.

<b>Meal 1</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 container (6 oz) Dannon Non-fat Vanilla Yogurt	4	10	0	60
½ cup Fresh Berries	0.5	11	0.2	41
1/3 cup All-Bran Cereal	2	24	1	70
1 each dotFIT Multivitamin	-	-	-	-
1 oz Natural Almonds (23 pieces)	6	6	14	164
Total:	14	50	14	335
Percent of Calories:	15%	52%	33%	

<b>Meal 2</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 cup (8 oz) Low-Sodium Tomato Soup	4	25	4	150
2 slices Whole Wheat Bread	5	24	2	130
2 slices (1 oz) Low-fat Cheddar Cheese	14	1	4	97
1 medium Orange	1	15	0.2	62
Total:	23	65	10	438
Percent of Calories:	21%	59%	20%	

<b>Meal 3</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
2 Whole Wheat Low Carb Tortillas	14	16	5	120
3 oz Cooked Ground-Beef, 95% Lean	18	-	4	116
½ cup Shredded Lettuce	0.2	0.8	1	4
¼ cup Chopped Tomato	0.4	2	-	8
2 tbsp Chopped Onion	0.2	2	-	8
2 tbsp Light Sour Cream	1	2	3	38

1 oz Avocado	0.6	2	4	47
1 cup Diced Melon	1	13	0.3	53
1 dotFIT SuperCalcium+	-	-	-	-
Total:	36	38	17	395
Percent of Calories:	32%	34%	34%	

<b>Meal 4</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
½ cup Low Fat, Low Sugar Chocolate Pudding	4	21	2	90
Total:	4	21	2	90
Percent of Calories:	14%	71%	15%	
Menu Totals:	77	174	44	1259
Percentage of Total Calories:	22%	50%	28%	
Other Nutrients:	8% Saturated Fat	94 mg Cholesterol	44 g Fiber	
	1,817 mg Sodium	1,391 mg Calcium*	Vitamin D 800 IU**	

\*Total calcium amount from food only. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake is 2,500 mg per day.

\*\*Vitamin D from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU.



## Healthy Fast Food—1250 Calories

Use this menu on days when you're too busy to prepare or eat meals at home. It provides a lunch and dinner from healthy fast foods and remaining meals from convenient and balanced dotFIT Foods. Choose your favorite item(s) for any meal which closely matches the target calories. The target calories are listed for each meal so that any fast food can be substituted for the meal as long as the calories are followed.

<b>Meal 1: Favorite dotFIT Food</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 dotFIT Breakfast Bar/Shake/Protein Stick	15	29	5	220
1 large Apple	0.6	29	0.4	110
1 dotFIT Multivitamin	0.0	0.0	0.0	0.0
Total:	16	58	5	330
Percent of Calories:	19%	68%	13%	

<b>Meal 2: Favorite Restaurant Meal</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
Subway 6 inch Roasted Chicken Breast Sandwich	24	47	6	314
1 bowl Minestrone Soup	4	15	1	80
1 each dotFIT SuperCalcium+	-	-	-	-
1 Diet Drink, Unsweetened Tea or Water	-	-	-	-
Total:	28	62	7	394
Percent of Calories:	26%	59%	15%	

<b>Meal 3: Favorite Restaurant Meal</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
Applebee's Low-fat Garlic Chicken Pasta	34	76	10	532
1 each dotFIT SuperCalcium+	-	-	-	-
1 Diet Drink, Unsweetened Tea or Water	-	-	-	-
Total:	34	76	10	532
Percent of Calories:	26%	57%	17%	
Menu Totals:	77	197	22	1257
Percentage of Total Calories:	24%	61%	15%	
Other Nutrients:	3% Saturated Fat	37 mg Cholesterol	24 g Fiber	
	2,125 mg Sodium	1,248 mg Calcium*	900 IU Vitamin D**	

\*Total calcium amount from food and dietary supplements. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake level is 2,500 mg per day.

\*\*Vitamin D from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU.

## Vegetarian Menu—1250 Calories

This menu is designed for individuals who do not eat beef, chicken or fish. Protein is provided from dairy, eggs, soy products, beans and nuts. You may replace any of these items with the items of your choice.

<b>Meal 1</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
2 Whole Wheat Low-fat Waffles	5	28	3	140
½ cup Mixed Berries	-	9	-	35
½ cup (4 oz) Low-fat 2% Cottage Cheese	16	4	2	102
1 cup Brewed Coffee w/ Sweetener (optional)	0.3	0	0	2
1 each dotFIT Multivitamin	-	-	-	-
Total:	21	41	5	279
Percent of Calories:	29%	56%	15%	

<b>Meal 2</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 package (10 oz) Amy's Enchilada and Black Bean Vegetarian Meal, frozen	9	53	8	411
1 small Pear	0.5	22	0.2	81
1 Unsweetened Drink, Tea or Water	-	-	-	-
Total:	10	75	8	411
Percent of Calories:	10%	73%	17%	

<b>Meal 3</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 medium Banana	1	27	0.4	105
1 tbsp Natural Creamy Peanut Butter	4	3	8	90
Total:	5	30	8	195
Percent of Calories:	8%	66%	26%	

<b>Meal 4</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 cup Cooked Brown Rice	5	45	2	216
1 cup (4.4 oz) Firm Nigari Tofu	21	4	11	176
2 cups (3 oz) Chinese Style Vegetables, frozen	2	10	-	50
2 tbsp Teriyaki Marinade & Sauce	2	4	-	30
1 Unsweetened Drink, Tea or Water	-	-	-	-
1 dotFIT SuperCalcium+	-	-	-	-
Total:	30	63	13	472
Percent of Calories:	24%	52%	24%	
Menu Totals	60	189	33	1249

Percent of Calories for Menu:	19%	59%	22%	
Other Nutrients	5% Saturated Fat	9 mg Cholesterol	31 g Fiber	
	2,096 mg Sodium	1,327 mg Calcium	700 IU Vitamin D	

\*Total calcium amount from food and dietary supplements. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake is 2,500 mg per day.

\*\*Estimated Vitamin D amount from supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU



## 2000 Calorie Menus

These menus will result in weight loss for most men. You may increase daily calories based on individual preference or needs. You can get more menus online at [www.dotFIT.com/90dayweight loss](http://www.dotFIT.com/90dayweightloss).

### Standard Menu—2000 Calories

This is an ideal menu based on the Dietary Guidelines for Americans and contains mostly whole grains, three to five servings of fruits and vegetables and at least 25 grams of fiber.

Meal 1	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup Shredded Wheat Cereal	6	40	1	170
1 tbsp Dried Cranberries/Blueberries/Raisins	-	12	-	46
1 cup Skim Milk	9	12	0.6	91
1 medium Banana	1	27	0.4	105
1 slice Whole Wheat Toast	4	19	1	100
1 tsp Jam	-	5	-	18
1 tbsp Whipped Butter	-	-	4	33
1 each dotFIT Multivitamin	-	-	-	-
Total:	20	115	7	563
Percent of Calories:	16%	79%	5%	

Meal 2	Pro (g)	Carb (g)	Fat (g)	Calories
2 slices Rye Bread	6	28	2	160
4 oz Albacore Tuna in Water (drained)	30	-	2	139
1 tbsp Mayonnaise	-	-	11	100
1 tbsp Chopped Celery	-	0.2	1	1
2 leaves Romaine Lettuce	0.1	0.4	0	2
2 slices Tomato	0.5	2	-	7
1 medium pear	0.6	26	0.2	96
1 cup Skim Milk	9	12	0.6	91
Total:	48	68	16	596
Percent of Calories:	31%	45%	24%	

Meal 3	Pro (g)	Carb (g)	Fat (g)	Calories
1 ounce Almonds (22 each)	6	6	14	164
1 medium Apple	0.4	19	0.2	72
Total:	6	25	14	236
Percent of Calories:	10%	40%	50%	

<b>Meal 4</b>	Pro (g)	Carb (g)	Fat (g)	Calories
5 ounces Roasted Chicken Breast only	44	-	5	234
1 large (6.3 oz) Baked Sweet Potato	4	37	0.3	162
1 tbsp Whipped Butter	-	-	11	100
2 ½ cups Romaine Lettuce Mix	1	3	-	15
1 tbsp Low Calorie Balsamic Vinaigrette	-	2	3	25
1 100% Whole Wheat Dinner Roll	3	13	1	70
1 each dotFIT SuperCalcium+	-	-	-	-
<b>Total:</b>	<b>52</b>	<b>55</b>	<b>20</b>	<b>606</b>
Percent of Calories:	34%	36%	30%	
Menu Totals:	124	262	57	2001
Percentage of Total Calories:	24%	51%	25%	
	4% Saturated Fat	190 mg Cholesterol	36 g Fiber	
Other Nutrients:	2,033 mg Sodium	1,429 mg Calcium*	Vitamin D 800 IU**	

\*Total calcium amount from food and supplements. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake is 2,500 mg per day.

\*\*Vitamin D from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU.



## Healthy Fast Food—2000 Calories

Use this menu on days when you're too busy to prepare or eat meals at home. It provides a lunch and dinner from healthy fast foods and remaining meals from dotFIT Foods. Choose your favorite item(s) for any meal which closely matches the target calories. The target calories are listed for each meal so that any fast food can be substituted for the meal as long as the calories are followed.

<b>Meal 1: Favorite dotFIT Food</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 dotFIT Breakfast Bar/Shake/Protein Stick	15	29	5	220
1 ½ cup Skim Milk	13	10	0.9	136
1 dotFIT Multivitamin	0.0	0.0	0.0	0.0
Total:	28	48	6	356
Percent of Calories:	31%	54%	15%	

<b>Meal 2: Favorite Restaurant Meal</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
Subway Footlong Turkey Breast Sandwich	37	92	9	560
1 package Subway Apple Slices	-	9	-	35
1 Diet Drink, Unsweetened Tea or Water	-	-	-	-
Total:	37	101	6	595
Percent of Calories:	25%	62%	13%	

<b>Meal 3: Favorite dotFIT Food</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 dotFIT Dessert/Bar/Shake	12	25	7	210
Total:	12	25	7	210
Percent of Calories:	23%	47%	30%	

<b>Meal 4: Favorite Restaurant Meal</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
Baja Fresh Bean and Cheese Burrito	39	96	33	840
1 each dotFIT SuperCalcium+	-	-	-	-
1 Diet Drink, Unsweetened Tea or Water	-	-	-	-
Total:	39	96	33	840
Percent of Calories:	25%	38%	37%	
Menu Totals:	116	270	56	2001
Percentage of Total Calories:	23%	53%	24%	
Other Nutrients:	1,264 mg Calcium*	850 IU Vitamin D**		

\*Total calcium amount from food and dietary supplements. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake level is 2,500 mg per day.

\*\*Vitamin D from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU.

## Heart Healthy Menu—2000 Calories

This menu is based on the Mediterranean diet which recommends whole grains, plenty of fruits and vegetables and lean protein sources from mostly fish, poultry, nuts and low fat dairy. Healthy fats are provided from fish, nuts, olive and canola oil.

<b>Meal 1</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 ½ cup Cooked Oatmeal	9	38	4	221
2 tbsp Raisins	0.6	14	0	54
2 tbsp Chopped Walnuts	2	2	10	96
2 tsp Ground Cinnamon	0.2	4	0.1	12
1 Large Orange	2	22	0.2	86
1 cup Skim Milk	9	12	0.6	91
1 cup Brewed Coffee	0.3	0	0	2
1 each dotFIT Multivitamin	-	-	-	-
Total:	23	92	14	563
Percent of Calories:	17%	59%	24%	

<b>Meal 2</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 large Whole Wheat Pita Bread	6	35	2	170
4 oz Grilled Chicken Breast	25	3	4	147
2 tbsp Pesto Sauce	0.8	2	5	58
1 oz Mozzarella Cheese, Part Skim Milk	7	0.8	5	72
2 leaves Romaine Lettuce	0.1	0.4	0	2
2 slices Tomato	0.5	2	-	7
2 medium Plums	0.9	15	0.4	61
Total:	41	59	16	524
Percent of Calories:	32%	40%	28%	

<b>Meal 3</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 container (7.1 oz) Greek Style Yogurt, 2%	17	8	4	132
1 cup Fresh Strawberries	1	11	0.4	46
Total:	18	19	4.4	178
Percent of Calories:	42%	35%	23%	

<b>Meal 4</b>	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
5 ounces Fresh Cooked Salmon	36	-	12	258
1 tbsp Olive Oil, 2 tbsp Lemon Juice, minced garlic	-	1	14	124
1 cup Whole Wheat Couscous	7	37	5	170

8 Asparagus Spears, boiled	3	5	0.3	26
2 cups Spinach Leaves	2	2	0.2	14
½ cup Red Grapes, halved	0.5	14	0.1	52
2 tbsp Crumbled Reduced Fat Feta Cheese	4	0.5	2	35
2 tbsp Oil & Vinegar Salad Dressing	-	3	5	50
Total:	52	65	38	739
Percent of Calories:	28%	27%	45%	
Menu Totals	134	235	73	
Percent of Calories for Menu:	25%	44%	31%	
Other Nutrients	7% Saturated Fat	209 mg Cholesterol	36 g Fiber	
	2,214 mg Sodium	1,103 mg Calcium	1,110 IU Vitamin D	

\*Total calcium amount from food and dietary supplements. Adequate Intake of calcium is 1,000 to 1,300 mg per day. Tolerable upper intake is 2,500 mg per day.

\*\*Estimated Vitamin D amount from food and supplement sources. Adequate intake is 400-800 IU. Tolerable upper intake is 2,000 IU



## Move More

Moving more than you have been prevents you from having to continually reduce your intake in order to maintain progress. The more you move, the more you burn and the more you can eat. Get moving by doing any or all of the following:

- Incorporate activity into your daily routine. You can do this by standing instead of sitting and pacing whenever you can, taking short 10 minute walks throughout the day, parking further away and taking stairs at every opportunity. The chart on page 20 shows how many calories you burn in 10 minutes of various activities.
- Increase daily steps. Purchase a pedometer to track your daily steps. The constant feedback will help motivate you to reach a daily target. Establish a starting point by wearing the pedometer before you increase your activity level. Gradually increase your steps by 500 per day and track them in the Daily Tracker on page 42. There are approximately 2,000 to 2,500 steps (depending on stride) in a mile. Walking 2,000 steps will burn approximately 75 to 150 more calories (depending on individual size) than sitting for the same time. Doing so only takes 20 to 30 minutes and can be done anywhere, even at work. Use our step calculator on page 37 and online to determine how many steps you have to take to burn the desired number of additional calories.
- Increase exercise time or intensity. Burn additional calories by working out longer or harder. Adding interval training to your routine or trying different activities will force your body to work harder.

### **dotFIT Fact**

The most common form of exercise among “successful losers” is walking. These are individuals who have lost at least 30 pounds and kept it off for at least a year. Go to [www.dotFIT.com](http://www.dotFIT.com) and download the article “Keys to Permanent Weight Loss” from our weight loss library. You can get also get a walking program online at [www.dotFIT.com](http://www.dotFIT.com).

## Monitor Your Progress

Checking your weight on a regular basis lets you know what your next step is. Therefore, check your weight daily in the same clothing, at the same time and on the same scale. Chart your daily weight using the Daily Tracker on page 42 or anyway you like. Doing so keeps you vigilant and serves as a reminder to keep you on task. Knowing you have to weigh-in daily will help you make better eating decisions. If you'd like advice on what to do on a daily basis, email your weight to our Daily Weight Coach. Go to [www.dotFIT.com/weightcoach](http://www.dotFIT.com/weightcoach) to register.

At the very least, weigh in every seven days and make any needed adjustments listed on page 17. Because your weight can fluctuate from one day to the next, judge your progress over any two to three week period. If your weight doesn't change from one week to the next but you've lost inches or your clothes fit better, you're on the right track. If your weight is stable for more than two weeks, you need to adjust.



### **dotFIT Fact**

A proven strategy of effective weight control is monitoring weight regularly. Seventy-five percent of successful losers weigh-in at least once a week. This prevents small gains from becoming large ones.

## Make Adjustments

A measurable or visual reduction in weight or body fat should take place in a fairly consistent manner. If progress stops or slows dramatically, one or a mixture of the following adjustments is all that is needed to re-start the process:

- Increase daily activities by taking more daily steps or performing other non-athletic/exercise activities.
- Increase workout time or intensity.
- Decrease food intake approximately 200 to 300 calories per day or remove a small portion of your largest meal. Repeat this reduction if there is no change in your weight, circumference measurements or body fat percentage after one to two weeks.

Once you've achieved your goal, increase your calories to maintain your desired weight.



### dotFIT Fact

If you stop losing weight or fat you only need to eat less, move more or a combination of the two regardless of what you read or hear from others. Your weight is ultimately determined by one factor—calories.

## Make it Easier

For only 90-days, use your three dotFIT assistants to help make it easier to work toward your goal. All three products work in different ways to get you to consume and absorb fewer calories while burning more. This makes the road to your goal smooth, requiring less effort and fewer lifestyle adjustments.

- For the first 30 days, use the dotFIT WeightLoss & LiverSupport™. This product supports the body's most active fat burning organ, your liver, and helps with appetite control. As a result, your body's usage of fat may improve and the feeling of fullness may be induced faster and for a longer period of time.
- For the next 30 days, switch to dotFIT CarbRepel®. This product helps block carbohydrates or sugars from being stored as body fat and works to keep food in the stomach longer in order to deliver an early and longer feeling of fullness.
- For the last 30 days switch to dotFIT ThermAccel®, a natural stimulant to help increase your metabolism and influence you to move more while sending energy signals to your appetite center to help reduce intake.

Within 90 days you should be excited by your new look and comfortable with your revamped eating and moving habits—leaving you significantly leaner and in complete control of your destiny.

### **dotFIT's Position on the Use of Dietary Supplements for Fat Loss**

Fat loss supplements are intended to help you comply with the guidelines required for weight loss while living your busy life.

Dietary supplements can help you reach your fat loss goal by

- Helping your body create a calorie deficit by burning more calories
- Giving you an energy boost so you're more active throughout the day
- Reducing your drive to eat
- Decreasing the calories you absorb

For only 90-days, use your three dotFIT assistants to help make it easier to work toward your goal. All three products work in different ways to get you to consume and absorb fewer calories while burning more. This makes the road to your goal smooth, requiring less effort and fewer lifestyle adjustments.

- For the first 30 days, use the dotFIT WeightLoss & LiverSupport™. This product supports the body's most active fat burning organ, your liver, and helps with appetite control. As a result, your body's usage of fat may improve and the feeling of fullness may be induced faster and for a longer period of time.
- For the next 30 days, switch to dotFIT CarbRepel®. This product helps block carbohydrates or sugars from being stored as body fat



# Calorie Burn Calculator

1. Use the column on the left to find the activity you're interested in.
2. Locate your weight across the top.
3. The number of calories you'll burn in 10 minutes of that activity is shown where the two columns meet.

Note: MET (metabolic equivalent) is a measure of intensity of the activity.

- <3 METS = low
- 3-5 METS = moderate
- >6 METS = vigorous

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
<b>Bicycling</b>																	
8.5	BMX or Mountain	51	67	85	101	119	135	152	170	186	202	220	237	253	271	287	305
4.0	<10mph (General, leisure)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
8.0	bicycling, General	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.0	10-11.9mph (Leisure, slow, light effort)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	12-13.9mph (Leisure, moderate effort)	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
10.0	14-15.9mph (Racing, Leisure, fast, vigorous effort)	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
12.0	16-19mph (Racing, not drafting or < 19 drafting, very fast, general racing)	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
16.0	>20mph (racing, not drafting)	95	126	160	190	224	255	286	319	350	381	414	445	476	510	540	574
5.0	unicycling	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
<b>Conditioning Exercise</b>																	
7.0	bicycling, stationary, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
3.0	bicycling, stationary, 50 Watts, very light effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.5	bicycling, stationary, 100 Watts, light effort	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
7.0	bicycling, stationary, 150 Watts, moderate effort	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
10.5	bicycling, stationary, 200 Watts, vigorous effort	62	83	105	125	147	167	187	209	230	250	272	292	312	334	355	377
12.5	bicycling, stationary, 250 Watts, very vigorous effort	74	98	125	149	175	199	223	249	273	298	324	348	372	398	422	448
8.0	calisthenics, heavy vigorous effort	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.5	calisthenics, light to moderate	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
8.0	circuit training, general with some aerobic, minimal rest	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.0	weight lifting (free-weight, Nautilus or universal type), powerlifting, bodybuilding, vigorous effort	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.5	health club exercise, general	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
9.0	stair, treadmill, ergometer, general	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
7.0	rowing, stationary, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
3.5	rowing, stationary, ergometer, 50 Watts, light effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126

Intensity (MET)	Specific Activity	Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
7.0	rowing, stationary, ergometer, 100 Watts, moderate effort	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
8.5	rowing, stationary, ergometer, 150 Watts, vigorous effort	51	67	85	101	119	135	152	170	186	202	220	237	253	271	287	305
12.0	rowing, stationary, ergometer, 200 Watts, very vigorous effort	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
7.0	ski machine, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
6.0	slimnastics, jazzercise	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.5	stretching, Hatha yoga	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	mild stretching	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.0	teaching aerobic exercise class	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
4.0	water aerobics, water calisthenics	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	weight lifting (free-weight, Nautilus or universal type), powerlifting, bodybuilding, light workout, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
1.0	whirlpool sitting	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
<b>Dancing</b>																	
4.8	ballet or modern, twist, jazz, tap, jitterbug	29	38	48	57	67	76	86	96	105	114	124	134	143	153	162	172
6.5	aerobic, general	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
8.5	aerobic, step with 6-8 inch step	51	67	85	101	119	135	152	170	186	202	220	237	253	271	287	305
10.0	aerobic, step with 10-12 inch step	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
5.0	aerobic, low impact	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
7.0	aerobic, high impact	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.5	general, Greek, Middle Eastern, hula, flamenco, belly, swing	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
5.5	ballroom, fast	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
4.5	ballroom, fast (disco, square, folk), line dancing, Irish step dancing, polka, contra, country	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.0	ballroom, slow (waltz, foxtrot, slow dancing), samba, tango, 19th C, mambo, cha-cha	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.5	Arishinaabe Jingle Dancing or other traditional American Indian dancing	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
<b>Fishing and Hunting</b>																	
3.0	fishing, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	digging worms, with shovel	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.0	fishing from riverbank and walking	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.5	fishing from boat, sitting	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.5	fishing from riverbank and standing	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
6.0	fishing in stream, in waders	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.0	fishing, ice, sitting	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	hunting, bow and arrow or crossbow	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.0	hunting deer, elk, large game	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.5	hunting duck, wading	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
5.0	hunting, general	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	hunting, pheasants or grouse	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.0	hunting, rabbit, squirrel, prairie chick, raccoon, small game	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
2.5	pistol shooting or trap shooting, standing	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
<b>Home Activities</b>																	
3.3	carpet sweeping, sweeping floors	20	26	33	39	46	53	59	66	72	79	85	92	98	105	111	118

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
3.0	cleaning, heavy or major (wash car, wash windows, clean garage), vigorous effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.5	mopping	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
2.5	multiple household tasks all at once, light effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.5	multiple household tasks all at once, moderate effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
4.0	multiple household tasks all at once, vigorous effort	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	cleaning house or cabin, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	cleaning light (dusting, straightening up, changing linen, carrying out the trash)	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.3	wash dishes—standing or in general (not broken into stand/walk components)	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
2.5	wash dishes—clearing dishes from table—walking	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.5	vacuuming	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
6.0	butchering animals	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.0	cooking or food preparation—standing or sitting or in general (not broken into stand/walk components), manual appliances	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	serving food, setting table—implied walking or standing	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	cooking or food preparation—walking	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	feeding animals	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	putting away groceries (e.g. carrying groceries, shopping w/o a grocery cart, standing or walking), carrying packages	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
7.5	carrying groceries upstairs	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
3.0	cooking Indian bread on an outside stove	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.3	food shopping with or w/o a shopping cart, standing or walking	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
2.3	non-food shopping, standing or walking	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
2.3	ironing	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
1.5	sitting—knitting, sewing, wrapping (presents)	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	implied standing—laundry, folding, hanging clothes, putting clothes in washer or dryer, packing clothes	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.3	implied walking—putting away clothes, gathering clothes to pack, putting away laundry	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
2.0	making the bed	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
5.0	maple syrup, sugar bushing (including carrying buckets, carrying wood)	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	moving furniture, household items, carrying boxes	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
3.8	scrubbing floors, on hands and knees, scrubbing bathroom, bathtub	23	30	38	45	53	61	68	76	83	90	98	106	113	121	128	136
4.0	sweeping the garage, sidewalk or outside the house	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144

	Weight (lbs)	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
3.5	standing—packing/unpacking boxes, occasional lifting of light household items—moderate effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
3.0	implied walking—putting away household items—moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	watering plants	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	building a fire inside	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
9.0	moving household items upstairs, carrying boxes or furniture	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
2.0	standing—light (pump gas, changing light bulb, etc)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
3.0	walking—light, non-cleaning (readying to leave, shut/lock doors, close windows, etc)	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	sitting—playing with child(ren)—light, only active periods	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.8	standing—playing with child(ren)—light, only active periods	17	22	28	33	39	45	50	56	61	67	73	78	83	89	95	100
4.0	walk/run—playing with child(ren)—moderate, only active periods	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
5.0	walk/run—playing with child(ren)—vigorous, only active periods	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
3.0	carrying small children	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	child care: sitting/kneeling—dressing, bathing, grooming, feeding, occasional lifting of child—light effort, general	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	child care: standing—dressing, bathing, grooming, feeding, occasional lifting of child—light effort, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	elder care, disabled adult, only active periods	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
1.5	reclining with baby	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.5	sit, playing with animals, light, only active periods	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.8	stand playing with animals, light, only active periods	17	22	28	33	39	45	50	56	61	67	73	78	83	89	95	100
2.8	walk/run—playing with animals, light, only active periods	17	22	28	33	39	45	50	56	61	67	73	78	83	89	95	100
4.0	walk/run—playing with animals, moderate only active periods	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
5.0	walk/run—playing with animals, vigorous only active periods	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
3.5	standing—bathing animal	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
<b>Home Repair</b>																	
3.0	airplane repair	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	automobile body work	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	automobile repair	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.0	carpentry, general, workshop	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
6.0	carpentry, outside house, installing rain gutters, building a fence	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
4.5	carpentry, finishing or refinishing cabinets or furniture	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
7.5	carpentry, sawing hardwood	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
5.0	caulking, chinking log cabin	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.5	caulking, except log cabin	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
5.0	cleaning gutters	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.0	excavating garage	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.0	hanging storm windows	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.5	laying or removing carpet	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	laying tile or linoleum, repairing appliances	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
5.0	painting, outside home	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
3.0	painting, papering, plastering, scraping, inside house, hanging sheet rock, remodeling	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.5	painting	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.0	put on and removal of tarp	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
6.0	roofing	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
4.5	sanding floors with a power sander	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	scraping or painting sailboat or powerboat	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
5.0	spreading dirt with a shovel	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.5	washing and waxing hull of sailboat, car, powerboat, airplane	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	washing fence, painting fence	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.0	wiring, plumbing	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
<b>Inactivity, quiet</b>																	
1.0	lying quietly and watching television	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	lying quietly, doing nothing, lying in bed, listening to music (not talking or reading)	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	sitting quietly and watching television	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	sitting quietly, sitting smoking, listening to music, (not talking or reading), watching a movie in a theater	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
0.9	sleeping	5	7	9	11	13	14	16	18	20	21	23	25	27	29	30	32
1.2	standing quietly (standing in line)	7	9	12	14	17	19	21	24	26	29	31	33	36	38	41	43
1.0	reclining—writing	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	reclining—talking or talking on the phone	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	reclining—reading	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	meditating	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
<b>Lawn and Garden</b>																	
5.0	carrying, loading or stacking wood, loading/unloading or carrying lumber	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	chopping wood or splitting logs	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.0	clearing land, hauling branches, wheelbarrow chores	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.0	digging sandbox	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.0	digging, spading, filling garden, composting	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	gardening with heavy power tools, tilling a garden, chain saw	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.0	laying crushed rock	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.0	laying sod	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.5	mowing lawn, general	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
2.5	mowing lawn, riding mower	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.0	mowing lawn, walk, hand mower	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.5	mowing lawn, power mower	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
4.5	operating snow blower, walking	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161

	Weight (lbs)	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
4.5	planting, seeding, shrubs	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	planting trees	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.3	raking lawn	26	34	43	51	60	68	77	86	94	102	111	120	128	137	145	154
4.0	raking roof with snow rake	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	riding snow blower	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	sacking grass, leaves	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
6.0	shoveling snow by hand	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
4.5	trimming shrubs or trees, manual cutter	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.5	trimming shrubs or trees, power cutter, using leaf blower, edger	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
2.5	walking, applying fertilizer or seeding a lawn	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
1.5	watering lawn or garden, standing or walking	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
4.5	weeding, cultivating garden	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.0	gardening, general	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	picking fruit off trees, picking fruits/vegetables, moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.0	implied walking /standing—picking up yard, light, picking flowers or vegetables	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.0	walking, gathering gardening tools	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
<b>Miscellaneous</b>																	
1.5	sitting—card playing, playing board games	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.3	standing—drawing (writing), casino gambling, duplicating machine	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
1.3	sitting—reading, book, newspaper, etc	8	10	13	15	18	21	23	26	28	31	34	36	39	41	44	47
1.8	sitting, writing, desk work, typing	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
1.8	standing—talking or talking on the phone	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
1.5	sitting—talking or talking on the phone	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
1.8	sitting—studying, general, including reading and/or writing	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
1.8	sitting—in class, general, including note-taking, or class discussion	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
1.8	standing, reading	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
2.0	standing—miscellaneous	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.5	sitting—arts and crafts, light effort	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	sitting—arts and crafts, moderate effort	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.8	standing—arts and crafts, light effort	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65
3.0	standing—arts and crafts, moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.5	standing—arts and crafts, vigorous effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
1.5	retreat/family reunion activities involving sitting, relaxing, talking, eating	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	touring/travelling/vacation involving walking and riding	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	camping involving standing, walking, sitting, light to moderate effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
1.5	sitting a sporting event, spectator	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
<b>Music Playing</b>																	
1.8	accordion	11	14	18	21	25	29	32	36	39	43	47	50	54	57	61	65

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
2.0	cello	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	conducting	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	drums	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.0	flute (sitting)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.0	horn	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	piano or organ	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.5	trombone	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
2.5	trumpet	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	violin	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.0	woodwind	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.0	guitar, classical, folk (sitting)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
3.0	guitar, rock and roll band (standing)	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	marching band, playing an instrument, baton twirling (walking)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.5	marching band, drum major (walking)	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
<b>Occupation</b>																	
4.0	bakery, general, moderate effort	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.5	bakery, light effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.3	bookbinding	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
6.0	building road (including hauling debris, driving heavy machinery)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.0	building road, directing traffic (standing)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
3.5	carpentry, general	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
8.0	carrying heavy loads, such as bricks	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	carrying moderate loads upstairs, moving boxes (16-40 lbs)	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
2.5	chambermaid, making bed (nursing)	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.5	coal mining, drilling coal, rock	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
6.5	coal mining, erecting supports	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
6.0	coal mining, general	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	coal mining, shoveling coal	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
5.5	construction, outside, remodeling	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
3.0	custodial work—buffing the floor with electric buffer	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	custodial work—cleaning sink and toilet, light effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	custodial work—dusting, light effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	custodial work—feathering arena floor, moderate effort	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.5	custodial work—general cleaning, moderate effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
3.5	custodial work—mopping, moderate effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
3.0	custodial work—take out trash, moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.5	custodial work—vacuuming, light effort	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	custodial work—vacuuming, moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.5	electrical work, plumbing	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
8.0	farming—baling hay, cleaning barn, poultry work, vigorous effort	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.5	farming—chasing cattle, non-strenuous (walking), moderate effort	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
4.0	farming—chasing cattle or other livestock on horseback, moderate effort	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.0	farming—chasing cattle or other livestock, driving, light effort	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	farming—driving harvester, cutting hay, irrigation work	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	farming—driving tractor	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	farming—feeding small animals	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.5	farming—feeding cattle, horses	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	farming—hauling water for animals, general hauling water	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
6.0	farming—taking care of animals (grooming, brushing, shearing sheep, assisting with birthing, medical care, branding)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	farming—forking straw bales, cleaning corral or barn, vigorous effort	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.0	farming—milking by hand, moderate effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
1.5	farming—milking by machine, light effort	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
5.5	farming—shoveling grain, moderate effort	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
12.0	fire fighter, general	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
11.0	fire fighter, climbing ladder with full gear	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
8.0	fire fighter, hauling hoses on ground	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
17.0	forestry—ax chopping, fast	101	134	170	202	238	271	303	339	372	405	440	473	506	541	574	610
5.3	forestry—ax chopping, slow	32	42	53	63	74	84	95	106	116	126	137	147	158	169	179	190
7.0	forestry—barking trees	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
11.0	forestry—carrying logs	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
8.0	forestry—felling trees	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	forestry—general	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
5.0	forestry—hoeing	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	forestry—planting by hand	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	forestry—sawing by hand	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.5	forestry—sawing, power	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
9.0	forestry—trimming trees	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
4.0	forestry—weeding	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.5	furriery	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
6.0	horse grooming	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	horse racing, galloping	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.5	horse racing, trotting	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
2.6	horse racing, walking	15	20	26	31	36	41	46	52	57	62	67	72	77	83	88	93
3.5	locksmith	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
2.5	machine tooling—machining, working sheet metal	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	machine tooling—operating lathe	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.0	machine tooling—operation punch press	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.0	machine tooling—tapping and drilling	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	machine tooling—welding	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
7.0	masonry, concrete	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.0	masseur, masseuse (standing)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144

Intensity (MET)	Specific Activity	Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
7.5	moving, pushing heavy objects, 75 lbs or more (desks, moving van work)	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
12.0	skindiving or SCUBA diving as a frogman ( Navy SEAL)	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
2.5	operating heavy duty equipment/automated, not driving	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.5	orange grove work	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
2.3	printing (standing)	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
2.5	police, directing traffic (standing)	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.0	police, driving a squad car (sitting)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.3	police, riding in a squad car (sitting)	8	10	13	15	18	21	23	26	28	31	34	36	39	41	44	47
4.0	police, making an arrest (standing)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.5	shoe repair, general	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
8.5	shoveling , digging ditches	51	67	85	101	119	135	152	170	186	202	220	237	253	271	287	305
9.0	shoveling, heavy (more than 16lbs/minute)	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
6.0	shoveling, light (less than 10lbs/minute)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	shoveling, moderate (10-15lbs/minute)	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
1.5	sitting—light office work, sitting and reading, driving to work	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
1.5	sitting—meetings, general, and/or with talking involved, eating at a business meeting	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.5	sitting, moderate (heavy levels, riding mower/forklift, crane operation), teaching stretching or yoga	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.3	standing, light (bartending, store clerk, assembling, filing, duplicating, putting up a Christmas tree, standing and talking)	14	18	23	27	32	37	41	46	50	55	60	64	68	73	78	83
3.0	standing, light/moderate (assemble/repair heavy parts, welding, stocking, auto repair, packing boxes), pateint care	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	lifting items continuously, 10-20lbs, with limited walking or resting	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.5	standing moderate (assembling at fast rate, intermittant lifting 50lbs, hitch, twisting ropes)	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
4.0	standing moderate/heavy (lifting more than 50lbs, masonry, painting paper hanging)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
5.0	steel mill, fetting	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
5.5	steel mill, forging	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
8.0	steel mill, hand rolling	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	steel mill, merchant mill rolling	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
11.0	steel mill, removing slag	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
7.5	steel mill, tending furnace	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
5.5	steel mill, tipping molds	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
8.0	steel mill, working in general	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
2.5	tailoring, cutting	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	tailoring, general	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.0	tailoring, hand rolling	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	tailoring, machine sewing	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	tailoring, pressing	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144

Intensity (MET)	Specific Activity	Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
3.5	tailoring, weaving	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
6.5	truck driving, loading and unloading truck (standing)	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
1.5	typing, electric, manual, computer	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
6.0	using heavy power tools such as pneumatic tools (jackhammer, drills, etc)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	using heavy tools (not power) such as shovel, pick, tunnel bar, spade	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
2.0	walking on job, less than 2 mph (office or lab area), very slow	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
3.3	walking on job, 3.0 mph, in office, moderate speed, not carrying anything	20	26	33	39	46	53	59	66	72	79	85	92	98	105	111	118
3.9	walking on job, 3.5 mph, in office, brisk speed, not carrying anything	23	31	39	46	55	62	70	78	85	93	101	109	116	124	132	140
3.0	walking 2.5 mph, slowly and carrying light objects less than 25 lbs	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.0	walking, gathering things at work, ready to leave	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	walking 3.0 mph, moderately and carrying light objects less than 25 lbs	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.0	walking, pushing a wheelchair	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.5	walking 3.5 mph, briskly and carrying objects less than 25 lbs	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
5.0	walking or walk downstairs or standing carrying objects about 25-49 lbs	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.5	walking or walk downstairs or standing carrying objects about 50-74 lbs	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
7.5	walking or walk downstairs or standing carrying objects about 75—99 lbs	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
8.5	walking or walk downstairs or standing carrying objects about 100 lbs or over	51	67	85	101	119	135	152	170	186	202	220	237	253	271	287	305
3.0	working in a scene shop, theater actor, backstage employee	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	teach physical education, exercise, sports classes (non-sport play)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
6.5	teach physical education, exercise, sports classes (participate in class)	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
	Running																
6.0	jog/walk combination (jogging component less than 10 minutes)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	jogging, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
8.0	jogging, in place	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
4.5	jogging on a mini-trampoline	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
8.0	running, 5 mph (12 min/mile)	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
9.0	running, 5.2 mph (11.5 min/mile)	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
10.0	running, 6 mph (10 min/mile)	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
11.0	running, 6.7 mph (9 min/mile)	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
11.5	running, 7 mph (8.5 min/mile)	68	91	115	137	161	183	205	229	252	274	298	320	342	366	388	413
12.5	running, 7.5 mph (8 min/mile)	74	98	125	149	175	199	223	249	273	298	324	348	372	398	422	448
13.5	running, 8 mph (7.5 min/mile)	80	106	135	161	189	215	241	269	295	321	350	376	402	430	456	484
14.0	running, 8.6 mph (7 min/mile)	83	110	140	167	196	223	250	279	306	333	363	390	417	446	473	502
15.0	running, 9 mph (6.5 min/mile)	89	118	150	179	210	239	268	299	328	357	389	417	446	478	507	538
16.0	running, 10 mph (6 min/mile)	95	126	160	190	224	255	286	319	350	381	414	445	476	510	540	574

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
18.0	running, 10.9 mph (5.5 min/mile)	107	142	180	214	252	287	321	359	394	428	466	501	536	573	608	646
9.0	running, cross country	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
8.0	running	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
15.0	running stairs, up	89	118	150	179	210	239	268	299	328	357	389	417	446	478	507	538
10.0	running on a track, team practice	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
8.0	running, training, pushing a wheelchair	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
<b>Self Care</b>																	
2.0	standing—getting ready for bed, in general	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.0	sitting on a toilet	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.5	bathing (sitting)	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	dressing, undressing (standing or sitting)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.5	eating (sitting)	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	talking and eating or eating only (standing)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.0	taking medication, sitting or standing	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
2.0	grooming (washing, shaving, brushing teeth, washing hands, putting on make-up), sitting or standing	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	hairstyling	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
1.0	having hair or nails done by someone else, sitting	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
2.0	showering, towelling off (standing)	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
<b>Sexual Activity</b>																	
1.5	active, vigorous effort	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
1.3	general, moderate effort	8	10	13	15	18	21	23	26	28	31	34	36	39	41	44	47
1.0	passive, light effort (kissing, hugging)	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
<b>Sports</b>																	
3.5	archery (non-hunting)	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
7.0	badminton, competitive	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.5	badminton, social singles and doubles, general	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
8.0	basketball game	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.0	basketball, non-game, general	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	basketball, officiating	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.5	basketball, shooting baskets	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
6.5	basketball, wheelchair	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
2.5	billiards	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	bowling	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
12.0	boxing, in ring, general	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
6.0	boxing, punching bag	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
9.0	boxing, sparring	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
7.0	broomball	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
5.0	children's games (hopscotch, 4-square, dodge ball, playground apparatus, t-ball, tetherball, marbles, jacks, etc)	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.0	coaching: football, baseball, soccer, basketball, swimming, etc	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
5.0	cricket, batting, bowling	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
2.5	croquet	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	curling	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.5	darts, wall or lawn	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.0	drag racing, pushing or dragging a car	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
6.0	fencing	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
9.0	football, competitive	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
8.0	football, touch, flag, general	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
2.5	football or baseball, playing catch	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	frisbee, playing general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
8.0	frisbee, ultimate	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
4.5	golf, general	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
4.5	golf, walking and carrying clubs	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.0	golf, miniature, driving range	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.3	golf, walking and pulling clubs	26	34	43	51	60	68	77	86	94	102	111	120	128	137	145	154
3.5	golf, using a power cart	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
4.0	gymnastics, general	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.0	hacky sack	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
12.0	handball, general	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
8.0	handball, team	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.5	hang gliding	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
8.0	hockey, field	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	hockey, ice	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
4.0	horseback riding, general	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.5	horseback riding, saddling horse, grooming horse	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
6.5	horseback riding, trotting	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
2.5	horseback riding, walking	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	horseshoe pitching, quoits	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
12.0	jai alai	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
10.0	judo, jujitsu, karate, kick boxing, tae kwon do	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
4.0	juggling	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
7.0	kickball	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
8.0	lacrosse	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
4.0	motor-cross	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
9.0	orientteering	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
10.0	paddleball, competitive	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
6.0	paddleball, casual, general	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	polo	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
10.0	racquetball, competitive	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
7.0	racquetball, casual, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
11.0	rock climbing, ascending rock	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
8.0	rock climbing, rappelling	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
12.0	rope jumping, fast	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
10.0	rope jumping, moderate, general	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
8.0	rope jumping, slow	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
10.0	rugby	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
3.0	shuffleboard, lawn bowling	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.0	skateboarding	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
7.0	skating, roller	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
12.0	roller blading (in-line skating)	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
3.5	sky diving	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
10.0	soccer, competitive	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
7.0	soccer, casual, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
5.0	softball or baseball, fast or slow pitch, general	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.0	softball, officiating	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
6.0	softball, pitching	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
12.0	squash	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
4.0	table tennis, ping pong	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
4.0	tai chi	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
7.0	tennis, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
6.0	tennis, doubles	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	tennis, singles	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.5	trampoline	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
4.0	volleyball	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
8.0	volleyball, competitive, in gymnasium	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.0	volleyball, non-competitive, 6-9 member team, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
8.0	volleyball, beach	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.0	wrestling (one match = 5 minutes)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	wallyball, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
4.0	track and field (shot, discus, hammer throw)	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
6.0	track and field (high jump, long jump, triple jump, javelin, pole vault)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
10.0	track and field (steeplechase, hurdles)	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
<b>Transportation</b>																	
2.0	automobile or light truck (not a semi) driving	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
1.0	riding in a car of truck	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
1.0	riding in a bus	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
2.0	flying an airplane	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	motor scooter. Motorcycle	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.0	pushing plane in and out of hangar	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
3.0	driving heavy truck, tractor, bus	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
<b>Walking</b>																	
7.0	backpacking	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
3.5	carrying infant or 15 lb load, level ground or downstairs	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
9.0	carrying load upstairs, general	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
5.0	carrying 1-15 lb load, upstairs	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	carrying 16-24 lb load, upstairs	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	carrying 25-49 lb load, upstairs	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
10.0	carrying 50-74 lb load, upstairs	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
12.0	carrying 74+ lb load, upstairs	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
3.0	loading/unloading car	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
7.0	climbing hills with 0-9 lb load	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
7.5	climbing hills with 10-20 lb load	45	59	75	89	105	119	134	150	164	179	194	209	223	239	253	269
8.0	climbing hills with 21-42 lb load	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
9.0	climbing hills with 42+ lb load	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
3.0	walking downstairs	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
6.0	hiking, cross country	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
2.5	bird watching	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
6.5	marching rapidly, military	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
2.5	pushing or pulling stroller with child or walking with children	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	pushing a wheelchair, nonoccupational setting	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
6.5	race walking	39	51	65	77	91	104	116	130	142	155	168	181	193	207	220	233
8.0	rock or mountain climbing	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	walking upstairs, using a climbing up ladder	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
5.0	using crutches	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
2.0	walking, household	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72

Intensity (MET)	Specific Activity	Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
2.0	walking, less than 2.0 mph, level ground, strolling very slowly	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
2.5	walking, 2.0 mph, level pace, firm surface	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.5	walking for pleasure	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
2.5	walking from house to car or bus, from car or bus to go places, from car or bus to and from worksite	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
2.5	walking to neighbor's house or family's house for social reasons	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
3.0	walking the dog	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.0	walking 2.5 mph, firm surface	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
2.8	walking 2.5 mph, downhill	17	22	28	33	39	45	50	56	61	67	73	78	83	89	95	100
3.3	walking 3.0 mph, level, moderate pace, firm surface	20	26	33	39	46	53	59	66	72	79	85	92	98	105	111	118
3.8	walking 3.5 mph, level brisk, firm surface, walking for exercise	23	30	38	45	53	61	68	76	83	90	98	106	113	121	128	136
6.0	walking 3.5 mph, uphill	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.0	walking 4.0 mph, level, firm surface, very brisk pace	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.3	walking 4.5 mph, level, firm surface, very, very brisk	37	50	63	75	88	100	112	126	138	150	163	175	187	201	213	226
8.0	walking 5.0mph	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
3.5	walking for pleasure, work break	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
5.0	walking, grass track	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.0	walking to work or class	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
2.5	walking to and from an outhouse	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
<b>Water Activities</b>																	
2.5	boating, power	15	20	25	30	35	40	45	50	55	60	65	70	74	80	84	90
4.0	canoeing, on camping trip	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.3	canoeing, harvesting wild rice, knocking rice off the stalks	20	26	33	39	46	53	59	66	72	79	85	92	98	105	111	118
7.0	canoeing, portaging	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
3.0	canoeing, rowing, 2.0-3.9 mph, light effort	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
7.0	canoeing, rowing, 4.0-5.9 mph, moderate effort	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
12.0	canoeing, rowing, 6.0 mph, vigorous effort	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
3.5	canoeing, rowing, for pleasure, general	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
12.0	canoeing, rowing, competition, or crew or sculling	71	95	120	143	168	191	214	239	263	286	311	334	357	382	405	431
3.0	diving, springboard or platform	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.0	kayaking	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
4.0	paddle boat	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
3.0	sailing, boat and board sailing, windsurfing, ice sailing, general	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
5.0	sailing, in competition	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
3.0	sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean, sailing, yachting	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
6.0	skiing, water	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
7.0	skimobiling	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
16.0	skindiving, fast	95	126	160	190	224	255	286	319	350	381	414	445	476	510	540	574
12.5	skindiving, moderate	74	98	125	149	175	199	223	249	273	298	324	348	372	398	422	448
7.0	skindiving, scuba diving, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
5.0	snorkeling	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
3.0	surfing, body or board	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
10.0	swimming laps, freestyle, fast, vigorous effort	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
7.0	swimming laps, freestyle, slow, moderate or light effort	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
7.0	swimming, backstroke, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
10.0	swimming, breaststroke, general	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
11.0	swimming, butterfly, general	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
11.0	swimming, crawl, fast (75 yards/minute), vigorous effort	65	87	110	131	154	175	196	219	241	262	285	306	327	350	372	395
8.0	swimming, crawl, slow (50 yards/minute), moderate of light effort	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
6.0	swimming, lake, ocean, river	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
6.0	swimming, leisurely, not lap swimming, general	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	swimming, sidestroke, general	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
8.0	swimming, synchronized	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
10.0	swimming, treading water, fast, vigorous effort	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
4.0	swimming, treading water, moderate effort, general	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.0	water aerobics, water calisthenics	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
10.0	water polo	60	79	100	119	140	159	179	200	219	238	259	278	298	319	338	359
3.0	water volleyball	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
8.0	water jogging	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
5.0	whitewater rafting, kayaking, or canoeing	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
<b>Winter activities</b>																	
6.0	moving ice house (set up, drill holes, etc)	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
5.5	skating, ice 9 mph or less	33	43	55	65	77	88	98	110	120	131	142	153	164	175	186	197
7.0	skating, ice, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
9.0	skating, ice, rapidly, more than 9.0 mph	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
15.0	skating, speed, competitive	89	118	150	179	210	239	268	299	328	357	389	417	446	478	507	538
7.0	ski jumping (climb up carrying skis)	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
7.0	skiing, general	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
7.0	skiing, cross country, 2.5 mph, slow or light effort, ski walking	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
8.0	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
9.0	skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort	54	71	90	107	126	143	161	180	197	214	233	250	268	287	304	323
14.0	skiing, cross country, > 8.0 mph, racing	83	110	140	167	196	223	250	279	306	333	363	390	417	446	473	502
16.5	skiing, cross country, hard snow, up hill, maximum, snow moutaineering	98	130	165	196	231	263	295	329	361	393	427	459	491	526	557	592
5.0	skiing, downhill, light effort	30	39	50	60	70	80	89	100	109	119	130	139	149	159	169	179
6.0	skiing, downhill, moderate effort, general	36	47	60	71	84	96	107	120	131	143	155	167	179	191	203	215
8.0	skiing, downhill, vigorous effort, racing	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287
7.0	sledding, tobogganing, bobsledding, luge	42	55	70	83	98	111	125	140	153	167	181	195	208	223	236	251
8.0	snowshoeing	48	63	80	95	112	127	143	160	175	190	207	223	238	255	270	287

	Weight (lbs)																
	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	
	Time (10 minutes)																
Intensity (MET)	Specific Activity																
3.5	snowmobiling																
<b>Religious activities</b>																	
1.0	sitting in church, in service, attending a ceremony, sitting quietly																
2.5	sitting, playing an instrument at church																
1.5	sitting in church, talking or singing, attending a ceremony, sitting, active participation																
1.3	sitting, reading religious materials at home																
1.2	standing in church (quietly), attending a ceremony, standing quietly																
2.0	standing, singing in church, attending a ceremony, standing, active participation																
1.0	kneeling in church/at home, (praying)																
1.8	standing, talking in church																
2.0	walking in church																
2.0	walking, less than 2.0 mph—very slow																
3.3	walking, 3.0 mph, brisk speed, not carrying anything																
3.8	walking, 3.5 mph, brisk speed, not carrying anything																
2.0	walk/stand combination for religious purposes, usher																
5.0	praise with dance or run, spiritual dancing in church																
2.5	serving food at church																
2.0	preparing food at church																
2.3	washing dishes/cleaning kitchen at church																
1.5	eating at church																
2.0	eating/talking at church or standing eating, American Indian Feast days																
3.0	cleaning church																
5.0	general yardwork at church																
2.5	standing—moderate (lifting 50 lbs, assembling at fast rate)																
4.0	standing—moderate/heavy work																
1.5	typing, electric, manual, computer																
<b>Volunteer activities</b>																	
1.5	sitting—meetings, general, and/or with talking involved																
1.5	sitting—light office work, in general																
2.5	sitting, moderate work																
2.3	standing—light work (filing, talking, assembling)																
2.5	sitting—child care, only active periods																
3.0	standing—childcare, only active periods																
4.0	walk/run play with children, moderate, only active periods																
5.0	walk/run play with children, vigorous, only active periods																

		Weight (lbs)															
		75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450
		Time (10 minutes)															
Intensity (MET)	Specific Activity																
3.0	standing—light/moderate work (pack boxes, assemble/repair, set up chairs/furniture)	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
3.5	standing—moderate (lifting 50 lbs, assembling at fast rate)	21	28	35	42	49	56	62	70	77	83	91	97	104	111	118	126
4.0	standing—moderate/heavy work	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
1.5	typing, electric, manual, computer	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54
2.0	walking, less than 2.0 mph—very slow	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72
3.3	walking, 3.0 mph, brisk speed, not carrying anything	20	26	33	39	46	53	59	66	72	79	85	92	98	105	111	118
3.8	walking, 3.5 mph, brisk speed, not carrying anything	23	30	38	45	53	61	68	76	83	90	98	106	113	121	128	136
3.0	walking 2.5 mph slowly and carrying objects less than 25 lbs	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108
4.0	walking 3.0 mph moderately and carrying objects less than 25 lbs, pushing something	24	32	40	48	56	64	71	80	88	95	104	111	119	127	135	144
4.5	walking, 3.5 mph, briskly and carrying objects less than 25 lbs	27	35	45	54	63	72	80	90	98	107	117	125	134	143	152	161
3.0	walk/stand combination for volunteer purposes	18	24	30	36	42	48	54	60	66	71	78	83	89	96	101	108



# Step Calculator

Use this simple chart to find out how many steps you need to take in order to burn extra calories.

1. Locate your approximate weight (round down if necessary).
2. Find the number of calories you'd like to burn.
3. This is how many steps you need to take to burn your chosen number of calories based on your weight.

Weight	Calories	Steps
75	100	5027
	150	7541
	200	10054
	250	12568
	300	15082
	350	17595
	400	20109
	450	22623
	500	25136
	550	27650
	600	30163
	700	35191
	750	37704
	800	40218
	850	42731
	900	45245
950	47759	
1000	50272	

Weight	Calories	Steps
100	100	3768
	150	5651
	200	7535
	250	9419
	300	11303
	350	13187
	400	15071
	450	16954
	500	18838
	550	20722
	600	22606
	700	26374
	750	28257
	800	30141
	850	32025
	900	33909
950	35793	
1000	37677	

Weight	Calories	Steps
125	100	3018
	150	4527
	200	6036
	250	7545
	300	9054
	350	10563
	400	12072
	450	13581
	500	15091
	550	16600
	600	18109
	700	21127
	750	22636
	800	24145
	850	25654
	900	27163
	950	28672
	1000	30181

Weight	Calories	Steps
150	100	2514
	150	3770
	200	5027
	250	6284
	300	7541
	350	8798
	400	10054
	450	11311
	500	12568
	550	13825
	600	15082
	700	17595
	750	18852
	800	20109
	850	21366
	900	22623
	950	23879
	1000	25136

Weight	Calories	Steps
175	100	2156
	150	3235
	200	4313
	250	5391
	300	6469
	350	7547
	400	8625
	450	9704
	500	10782
	550	11860
	600	12938
	700	15094
	750	16173
	800	17251
	850	18329
	900	19407
	950	20485
	1000	21563

Weight	Calories	Steps
200	100	1886
	150	2829
	200	3772
	250	4715
	300	5658
	350	6601
	400	7544
	450	8487
	500	9430
	550	10372
	600	11315
	700	13201
	750	14144
	800	15087
	850	16030
	900	16973
	950	17916
	1000	18859

Weight	Calories	Steps
225	100	1676
	150	2514
	200	3351
	250	4189
	300	5027
	350	5865
	400	6703
	450	7541
	500	8379
	550	9217
	600	10054
	700	11730
	750	12568
	800	13406
	850	14244
	900	15082
950	15920	
1000	16757	

Weight	Calories	Steps
250	100	1509
	150	2264
	200	3018
	250	3773
	300	4527
	350	5282
	400	6036
	450	6791
	500	7545
	550	8300
	600	9054
	700	10563
	750	11318
	800	12072
	850	12827
	900	13581
950	14336	
1000	15091	

Weight	Calories	Steps
275	100	1371
	150	2057
	200	2743
	250	3429
	300	4114
	350	4800
	400	5486
	450	6171
	500	6857
	550	7543
	600	8229
	700	9600
	750	10286
	800	10971
	850	11657
	900	12343
950	13029	
1000	13714	

Weight	Calories	Steps
300	100	1257
	150	1885
	200	2514
	250	3142
	300	3770
	350	4399
	400	5027
	450	5656
	500	6284
	550	6912
	600	7541
	700	8798
	750	9426
	800	10054
	850	10683
	900	11311
950	11940	
1000	12568	

Weight	Calories	Steps
325	100	1161
	150	1741
	200	2321
	250	2902
	300	3482
	350	4062
	400	4643
	450	5223
	500	5803
	550	6384
	600	6964
	700	8125
	750	8705
	800	9285
	850	9866
	900	10446
	950	11026
	1000	11607

Weight	Calories	Steps
350	100	1077
	150	1616
	200	2155
	250	2694
	300	3232
	350	3771
	400	4310
	450	4849
	500	5387
	550	5926
	600	6465
	700	7542
	750	8081
	800	8620
	850	9159
	900	9697
	950	10236
	1000	10775

Weight	Calories	Steps
375	100	1005
	150	1508
	200	2011
	250	2514
	300	3016
	350	3519
	400	4022
	450	4525
	500	5027
	550	5530
	600	6033
	700	7038
	750	7541
	800	8044
	850	8546
	900	9049
	950	9552
	1000	10054

Weight	Calories	Steps
400	100	943
	150	1414
	200	1886
	250	2357
	300	2829
	350	3300
	400	3772
	450	4243
	500	4715
	550	5186
	600	5658
	700	6601
	750	7072
	800	7544
	850	8015
	900	8487
	950	8958
	1000	9430

Weight	Calories	Steps
425	100	887
	150	1331
	200	1775
	250	2218
	300	2662
	350	3106
	400	3549
	450	3993
	500	4437
	550	4880
	600	5324
	700	6211
	750	6655
	800	7098
	850	7542
	900	7986
950	8429	
1000	8873	

Weight	Calories	Steps
450	100	838
	150	1257
	200	1677
	250	2096
	300	2515
	350	2934
	400	3353
	450	3772
	500	4191
	550	4611
	600	5030
	700	5868
	750	6287
	800	6706
	850	7125
	900	7545
950	7964	
1000	8383	



# Daily Tracker

Please visit [dotFIT.com/90dayweightloss](http://dotFIT.com/90dayweightloss) to print additional pages of the Daily Tracker.

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
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Food/Calories:
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Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
Food/Calories:
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Food/Calories:
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Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

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Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

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Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

Meal:
Food/Calories:
Supplement: <input type="checkbox"/>

Meal:
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<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

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<b>Date:</b>
<b>Weight:</b>
<b>Steps:</b>

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Supplement: <input type="checkbox"/>

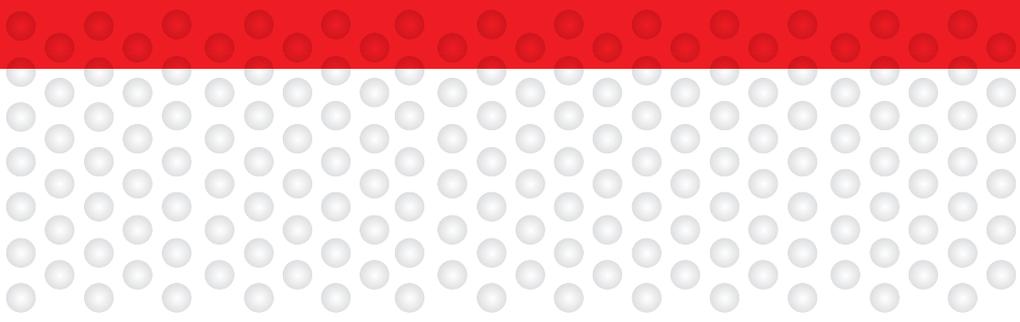
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Meal:
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SKU 1601  
Pkg Part ID C-WLP-1601  
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