

homework!

Fill in the table below then answer the questions that follow.

Activity	Approximate Number of Calories Used in One Minute	Approximate Number of Calories Used in One Hour	Estimated Activity Level
>> sleeping	1	$1 \times 60 = 60$	very light
1. walking, 2 mph	3		
2. walking, 3.5 mph	5		
3. jogging, 5 mph	10		
4. basketball game	10		
5. football game	10		
6. hiking	7		
7. jump rope	12		
8. baseball	6		
9. swimming, laps	9		
10. tae kwon do	12		
11. volleyball	5		
12. weight lifting	4		

13. How many Calories are used during 3 hours of hiking?
14. How many Calories are used during one half hour of weight lifting?
15. How many Calories are used during 2 hours of jogging?
16. How many Calories are used during an hour and a half of playing baseball?
17. What is the difference in the number of Calories used between 5 hours of sleep and one and a half hours of walking slowly (2 mph)?
18. What is the difference in the number of Calories used between 2 hours of playing football and 1 hour and 45 minutes of swimming?
19. What is your estimated activity level and daily activity rating?
20. How many Calories do you need each day to stay healthy?