

Estimated number of calories 9kcal) burned while performing a variety of exercise for one hour

Activity (1 hour)	Body weight																			
	120 lb	130 lb	140 lb	150 lb	160 lb	170 lb	180 lb	190 lb	200 lb	210 lb	220 lb	230 lb	240 lb	250 lb	260 lb	270 lb	280 lb	290 lb	300 lb	
Walking for exercise (walking, 2.8 to 3.2 mph, level, moderate pace, firm surface)	168	182	196	210	224	238	252	266	280	294	308	322	336	350	364	378	392	406	420	
Jogging (4 mph)	350	380	409	438	467	496	526	555	584	613	642	672	701	730	759	788	818	847	876	
Dancing (aerobic)	341	369	398	426	454	483	511	540	568	596	625	653	682	710	738	767	795	824	852	
Biking (<10 mph, leisure)	360	390	420	450	480	510	540	570	600	630	660	690	720	750	780	810	840	870	900	
Weight lifting	282	306	329	353	376	400	423	447	470	494	517	541	564	588	611	635	658	682	705	
Strenuous household chores (i.e. vacuuming or scrubbing the floor)	204	221	238	255	272	289	306	323	340	357	374	391	408	425	442	459	476	493	510	
Strenuous outdoor chores (i.e. gardening or raking leaves)	192	208	224	240	256	272	288	304	320	336	352	368	384	400	416	432	448	464	480	

Kcals per week: _____

Men: Those with Kcals of physical activities per week <383 meet frailty criteria for Physical Activity

Women: Those with Kcals per week <270 meet frailty criteria for Physical Activity