## I want to build a fitness system. Below, I have the calories you will burn for different exercises over various time durations.

## Fitness Routine

Top of Form

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| --- | --- | --- |
|  | Bicycling, 12-14 mph, moderate | Minutes: 60   Calories: 726  Minutes: 40 Calories: 484  Minutes: 30 Calories: 363  Minutes: 20 Calories: 242 |
|  | Walking, 3.0 mph, moderate | Minutes: 60  Calories: 299  Minutes: 40 Calories: 200  Minutes: 30  Calories: 150  Minutes: 20 Calories: 100 |
|  | Strength training | Minutes: 60  Calories: 272  Minutes: 40   Calories: 181  Minutes: 30   Calories: 136  Minutes: 20   Calories:  91 |

Bottom of Form

Once you have completed the build, it must be added to the transformation tracker. Additionally, it should be included in the daily meal calculator, positioned above breakfast, lunch, and dinner. In the chart, begin with the total daily calories, followed by your weight loss goal, daily calorie target, and your daily fitness routine.