

Favorite Activity	*Calories Per Minute	*Minutes to Burn 500 Calories (rounded)	**Rate of Perceived Exertion (RPE)	
Boxing, Punching Bag	9.30	54	80	
Weight Lifting, Vigorous	9.30	54	70	
Walking 3.0 mph	5.12	98	40	
Walk/run, playing with children, moderate	6.20	81	50	
Golf, General	6.98	72	40	
Rowing machine, moderate	10.85	46	70	
Playing Basketball	9.30	54	60	
Running, 5 mph (12 minute mile)	12.42	40	80	
Cycling, 12-13.9 mph, moderate	12.42	40	70	
Circuit training, minimal rest	12.42	40	80	
Running, stairs, up	23.27	21	90	
Football, competitive	13.97	36	80	
Watering lawn or garden	2.33	214	20	
Running, 10.9 mph (5.5 min mile)	27.92	18	100	
<i>Calculations are based on research data from Medicine and Science in Sports and Exercise, the official journal of the American College of Sports Medicine.</i>				
<i>* Based on average 205 lb males</i>				
<i>** Based on my own perceived exertion to the exercise selected</i>				

Time to Burn 500 Calories

