

Date range

# ACMH Exercise Points and Weight Management Calculator

to

One week of exercise

	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
Enter activity	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Minutes per week	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Intensity <i>see chart on page 2</i>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Total exercise points

My current weight

Exercise calories

Age

Height in inches

Weight in pounds

Body mass

Male

Female

Estimated RESTING Calories/day



TOTAL Calories burned in 7 days, including resting, lifestyle, and formal exercise sessions



Estimated **WEIGHT LOSS** (red) or **WEIGHT GAIN** (black) in 7 days



Enter total number of Calories from food in 7 days--

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## What is a Calorie?

A Calorie is a unit of energy—the quantity of heat required to raise the temperature of 1 kg (2.2 lbs) of pure water by 1°C. This energy, if not used in the body, is converted to fat and stored. About resting metabolism: In a 24 hour period at rest, including 8 hours of sleep, a woman would require approximately 1400 Calories, and a man 1600 Calories. Additional Calories would be burned to chew and digest food, and for any form of physical activity.

MET represents the intensity level for various activities.

One (1) MET is the resting metabolic rate during rest:

- ◆ 1 kcal/kg/hour or
- ◆ oxygen cost of 3.5 ml/kg/min.

So a 154 pound (70 kg) person, on average, burns approximately 70 Calories/hr., at rest. Scroll to next page to see activity MET (intensity) values for the chart, upper left of this page.

## Estimated ADDITIONAL Calories/day, based on lifestyle activity level

	Male	Female
Sedentary/inactive	<input type="text" value="500"/>	<input type="text" value="300"/>
Light, on my feet like a barber, dentist	<input type="text" value="700"/>	<input type="text" value="500"/>
Moderate activity like nurse, wait staff	<input type="text" value="900"/>	<input type="text" value="700"/>
Vigorous activity like a dancer, laborer	<input type="text" value="1200"/>	<input type="text" value="1000"/>
ENTER number of Calories burned that best represent your lifestyle (your exercise is being calculated separately).	<input type="text"/>	<input type="text"/>

Description	Intensity	Description	Activity	Intensity	Description	Activity	Intensity	Description
Aerobics class	5	Low impact	Jog/run	14	7 minute mile	Soccer	10	Competitive, skilled
Aerobics class	7	High impact	Jog/run	20	5 minute mile	Strength training	6	Machines, free weights
Aerobics class, step	8.5	6-8" step	Jog/run upstairs	15		Strength training	8	Intensive
Aerobics class, step	10	10-12" step	Jog/run in place	8		Strength training	8	Circuit (continuous)
Aerobics - Tae Bo	10	Vigorous	Jog/run--Sprinting	22	Full speed	Stretch for flexibility	3	
Badminton	4.5	Social	Martial arts	4	Tai Chi	Surf, bodyboard	3	
Badminton	7	Competitive, skilled	Martial arts	10	TKD, karate, judo	Swimming	4	Water aerobics
Baseball, softball	5		Pilates	6		Swimming	6	Leisurely
Basketball	4.5	Shooting baskets	Ping pong	4		Swimming	8	Slow crawl; sidestroke
Basketball	8	Game	Racquetball	7	Casual	Swimming	10	Fast; vigorous
Basketball	6.5	Wheelchair	Racquetball	10	Competitive, skilled	Swimming	11	Butterfly
Bicycling	10	Mountain biking; BMX	Range of motion	3		Tennis	6	Doubles
Bicycling	4	Leisure; < 10 mph	Rock climbing	11		Tennis	8	Singles
Bicycling	6	Light; 10-11.9 mph	Rollerblading	10	Vigorous	Trampoline	3.5	
Bicycling	8	Moderate; 12-13.9 mph	Rope jumping	8	Slow	Volleyball	4	Recreational
Bicycling	10	Fast; 14-15.9 mph	Rope jumping	10	Moderate	Volleyball	8	Competitive, skilled
Bicycling	12	16-19 mph	Rope jumping	12	Fast	Volleyball, beach	8	
Bicycling	16	> 20 mph	Rowing machine	3.5	Light	Walking	2.5	30 minute mile pace
Bowling	2		Rowing machine	7	Moderate	Walking	3	25 minute mile pace
Calisthenics	3.5	Light	Rowing machine	8.5	Vigorous	Walking	3.5	20 minute mile pace
Calisthenics	8	Pushups, pullups, etc	Rowing machine	12	Very vigorous	Walking	4	15 minute mile pace
Canoe, kayak	7	Moderate effort	SCUBA diving	7	General	Walking, power	8	13 minute mile pace
Canoe, kayak	12	Vigorous effort	SCUBA diving	16	Against the current	Walking, upstairs	6	
Dancing	3	Slow, ballroom	Skateboarding	5		Walk, upstairs, with 25 lbs.	8	
Dancing	5.5	Disco, folk, square	Skating, ice/roller	7	General	Walk, upstairs, with 50 lbs.	10	
Dancing	8	Very fast	Skating, ice/roller	9	Fast	Walk, stair machine	9	
Dancing	9	Swing dancing	Skiing, X-country	8	Moderate	Yoga	4	
Dancing	9	Zumba	Skiing, X-country	9	Vigorous	<b>Other Activities</b>	<b>Intensity</b>	
Football	8	Touch, flag	Skiing, X-country	16.5	Maximum effort	Light garden; weeding	2	
Golf	3.5	General, with cart	Skiing, downhill	6	Moderate	Heavy garden; digging	4	
Golf	4.5	General, no cart	Skiing, downhill	8	Vigorous	Gen'l house cleaning	3	
Handball	12		Skin diving	7	General	Mow lawn-push power	4	
Hiking, hunting	5	Walking	Skin diving	12.5	Moderate	Mow lawn-push hand	6	
Jog/run	8	12 minute mile	Skin diving	16	Fast	Shoveling snow, dirt	7	
Jog/run	10	10 minute mile	Snorkeling	5		Chopping wood	7	
Jog/run	12.5	8 minute mile	Soccer	7	Casual	<b>Other - you judge, by comparing with the above</b>		