

Activity	120 Pounds/ 20 min	150 Pounds/ 20 min	170 Pounds/ 20 min
Vacuuming	49	57	66
Washing Dishes	42	52	59
Mowing Lawn	77	89	99
Scrubbing Bathrooms	48	55	63
Dusting	45	52	59
Laundry	47	54	61
Cooking	42	50	57
Washing Car	63	74	86
Mopping Floors	52	60	69

HOW MANY CALORIES CAN YOU BURN IN AN HOUR?



<i>Weight</i>	7st	9st	11st	13st
 SQUASH	490	627	776	924
 RUNNING	450	624	773	923
 CYCLING	312	454	562	671
 BASKETBALL	302	340	422	503
 TENNIS	267	397	492	587
 FOOTBALL	267	397	492	587
 SWIMMING	223	397	492	587
 BOXING	223	285	353	420
 DANCING	156	200	247	294
 GOLF	156	200	247	294
 WALKING	156	215	267	319