1.- How many calories do I burn in a day?

- ✓ **We burn calories both in our routine daily activities and when we workout or do sport.**

- ✓ **The exact result depends on our weight, height, sex, and activity level.**

- ✓ **Check the rough conversion charts and find out the approximate total of calories that you burn in a day.**

SEX -   male / female   **AGE -**   **HEIGHT -**

ACTIVITY	INTENSITY	TIME	CALORIES BURNED
Personal hygiene			
Cooking			
Washing up			
Food shopping (cart)			
Heavy cleaning			
Standing			
Watching TV			
Writing			
Reading			
Sleeping			
Disco dancing			
Bowling			
Rollerskating			
Swimming			
…			
…			

ACTIVITY	INTENSITY	TIME	CALORIES BURNED
Cycling			
Walking			
Running			
Yoga/Stretching			
Elliptical Trainer			
Aerobics			
Weight lifting			
Football			
Badminton			
Martial Arts			
Tennis			
Volleyball			
Handball			
Basketball			
…			
…			

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