Calories Burned from Physical Activity per Hour

If you are tracking calories burned, versus calories consumed, below are estimated calories burned for various activities. Actual calories burned will vary by gender, weight, intensity, and time. While this chart may give you a rough idea of calories burned, your focus should be on getting regular physical activity and consuming healthy foods, versus just tracking calories in and out.

As an indication of the amount of calories you may burn through daily activities, a 155 pound person may burn about 56 calories watching one hour of television, 82 calories working on a computer for one hour, or 43 calories for every hour of sleep. Please keep this in mind as you complete your daily calculations.

<table>
<thead>
<tr>
<th>One Hour Activity</th>
<th>130 lbs</th>
<th>155 lbs</th>
<th>180 lbs</th>
<th>205 lbs</th>
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<td>Basketball, playing, non-game</td>
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<td>Climbing hills, carrying up to 9 lbs</td>
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<td>Activity</td>
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<td>Dancing, ballroom, fast</td>
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<td>Walking 2.5 mph</td>
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<tr>
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<td>Walking 4.0 mph, very brisk</td>
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