

CALORIE CHART A

Determine your calorie level per day based on your age, gender, and activity level. If you want to lose weight, select the lower calorie range and increase your activity time and intensity (look on Coupon 1 for activity information and an exercise record).

Gender	Age	<u>Sedentary</u> Less than 30 minutes a day of moderate activity	<u>Moderately Intense Activity</u> <i>Brisk Walk (3 ½ mph), dance, swim, bicycle-level terrain (less than 10 mph), mow lawn, light weight lifting, golf (walk/carry clubs), light gardening, hike, stretch</i> Can carry on conversation while exercising Exercise for 30-60 minutes	<u>Vigorously Intense Activity</u> <i>Vigorous Walk (4 ½ mph), jog, high-impact aerobics, bicycle uphill (greater than 10 mph), swim continuous laps, heavy yard work (rake leaves, chop wood), vigorous weight lifting, competitive sports</i> Significant increase in heart rate/breathing Exercise for 60-90 minutes
Children	2-3	1000	1000-1400	1000-1400
Female	4-8	1200-1400	1400-1600	1400-1800
	9-13	1400-1600	1600-2000	1800-2200
	14-18	1800	2000	2400
	19-30	1800-2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	4-8	1200-1400	1400-1600	1600-2000
	9-13	1600-2000	1800-2200	2000-2600
	14-18	2000-2400	2400-2800	2800-3200
	19-30	2400-2600	2600-2800	3000
	31-50	2200-2400	2400-2600	2800-3000
	51+	2000-2200	2200-2400	2400-2800

CALORIE CHART A

Determine you calorie level per day based on your age, gender, and activity level. If you want to lose weight, select the lower calorie range and increase your activity time and intensity (look on Coupon 1 for activity information and an exercise record).

Gender	Age	<u>Sedentary</u> Less than 30 minutes a day of moderate activity	<u>Moderately Intense Activity</u> <i>Brisk Walk (3 ½ mph), dance, swim, bicycle-level terrain (less than 10 mph), mow lawn, light weight lifting, golf (walk/carry clubs), light gardening, hike, stretch</i> Can carry on conversation while exercising Exercise 30-60 minutes	<u>Vigorously Intense Activity</u> <i>Vigorous Walk (4 ½ mph), jog, high-impact aerobics, bicycle uphill (greater than 10 mph), swim continuous laps, heavy yard work (rake leaves, chop wood), vigorous weight lifting, competitive sports</i> Significant increase in heart rate/breathing Exercise 60-90 minutes
Children	2-3	1000	1000-1400	1000-1400
Female	4-8	1200-1400	1400-1600	1400-1800
	9-13	1400-1600	1600-2000	1800-2200
	14-18	1800	2000	2400
	19-30	1800-2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	4-8	1200-1400	1400-1600	1600-2000
	9-13	1600-2000	1800-2200	2000-2600
	14-18	2000-2400	2400-2800	2800-3200
	19-30	2400-2600	2600-2800	3000
	31-50	2200-2400	2400-2600	2800-3000
	51+	2000-2200	2200-2400	2400-2800