

# Calorie Burn Chart

Activity	125-pound person	155-pound person	185-pound person
<b>Weight Lifting</b>	90 - 108 - 126	108 - 130 - 151	126 - 151 - 176
<b>Aerobics (low impact)</b>	165 - 198 - 231	198 - 238 - 277	231 - 277 - 322
<b>Running (6 mph)</b>	495 - 594 - 693	594 - 713 - 832	693 - 832 - 970
<b>Yoga</b>	120 - 144 - 168	144 - 173 - 201	168 - 201 - 235
<b>Cycling (14-15.9 mph)</b>	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
<b>Jumping Rope (Fast)</b>	340 - 421 - 503	421 - 505 - 588	503 - 604 - 705
<b>Swimming (general)</b>	180 - 216 - 252	216 - 259 - 302	252 - 302 - 352
<b>Dancing (ballroom)</b>	90 - 108 - 125	108 - 130 - 151	125 - 151 - 176
<b>Hiking (cross-country)</b>	170 - 204 - 238	204 - 245 - 285	238 - 285 - 331
<b>Tennis (general)</b>	210 - 252 - 294	252 - 302 - 352	294 - 352 - 411
<b>Basketball (game)</b>	240 - 288 - 336	288 - 346 - 403	336 - 403 - 470
<b>Running (10 mph)</b>	453 - 562 - 671	562 - 674 - 786	671 - 805 - 940
<b>Martial Arts (kickboxing)</b>	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
<b>Jumping Rope (Slow)</b>	226 - 281 - 335	281 - 337 - 393	335 - 402 - 469
<b>Swimming (laps)</b>	300 - 360 - 420	360 - 432 - 504	420 - 504 - 588
<b>Pilates</b>	150 - 180 - 210	180 - 216 - 252	210 - 252 - 294
<b>Spin Class</b>	240 - 288 - 336	288 - 346 - 403	336 - 403 - 470
<b>Zumba</b>	210 - 252 - 294	252 - 302 - 352	294 - 352 - 411
<b>CrossFit</b>	330 - 396 - 462	396 - 475 - 554	462 - 554 - 646
<b>Jogging (5 mph)</b>	375 - 450 - 525	450 - 540 - 630	525 - 630 - 735

## Health Assessment

Have you had any recent surgeries?

- Yes
- No

Are you currently engaged in any physical activity or exercise routines?

- Yes
- No

Do you have any underlying health conditions or medical concerns?

- Yes
- No

What are your primary fitness or health goals?