

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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## Daily Activity Plan

### Worksheet

### Exercise II Planned Activity

Baseline information concerning your present level of activity was recorded during Lesson 7 "Exercise I Activate." An increase in activity to burn 250 calories each day or about 1,750 calories per week will result in the loss of 1/2 pound per week. The type and amount of exercise in DEB is left to the individual.

Develop a daily activity plan of new and/or extra activity(ies) to burn approximately 250 calories. List activities in appropriate category--light, moderate, or heavy. Estimate the time to be spent at each level each day.

Keep a daily record of the activity(ies) performed and the approximate calorie expenditure.

### Activity Examples

#### New and/or Extra Activity

LIGHT ACTIVITY - Each minute of light activity burns approximately 4 calories.

Bowling	Horseback Riding	Volleyball
Dancing (slow music)	Softball	Walking (normal)
Gardening (light)	Sweeping	Washing car
Golf	Table Tennis	

MODERATE ACTIVITY - Each minute of moderate activity burns approximately 7 calories.

Badminton (singles)	Mopping the floor	Tennis (single)
Cycling (leisurely)	Raking leaves or grass	Walking (fast)
Dancing (fast music)	Square Dancing	Waxing car
Gardening (heavy)	Swimming (leisurely)	Window washing

HEAVY ACTIVITY - Each minute of heavy activity burns approximately 10 calories.

Calisthenics (vigorous)	Mowing grass	Spading the garden
Climbing stairs	Shampooing rug	Stationary Cycling (quickly)
Cycling (vigorous)	Skiing	Stationary Jogging
Hill and mountain climbing	Skipping rope	Swimming (vigorous)
Jogging		

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## DAILY ACTIVITY WORKSHEET

New and/or Extra Activity

<u>Activity</u>	<u>Time</u>	<u>Calories Burned</u>
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Total \_\_\_\_\_