

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

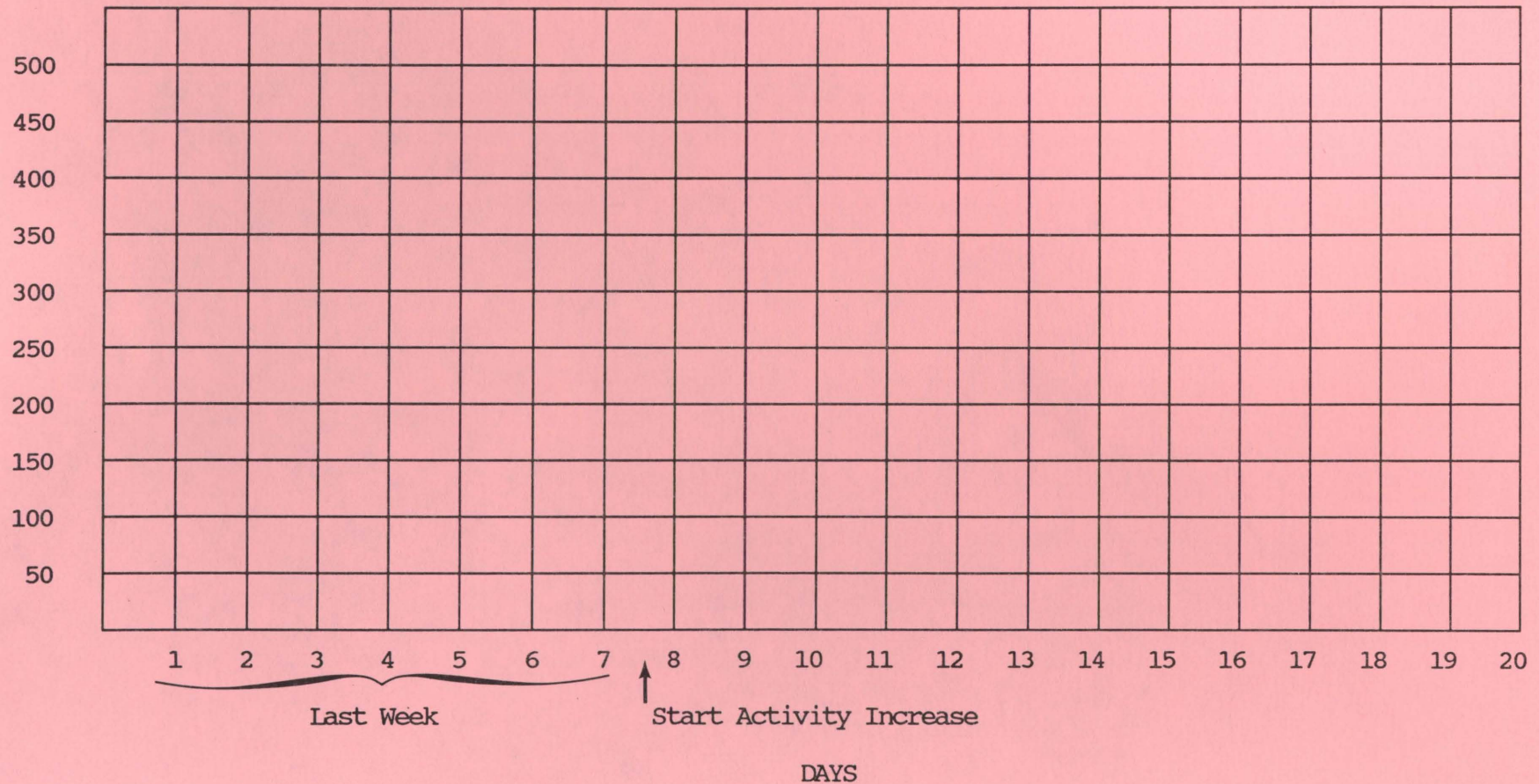
Student Information Handout

Lesson 7

Physical Activity

348-280, Revised 1989

DAILY ENERGY-OUT (ACTIVITY) GRAPH



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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia; Clinton V. Turner, Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia.