

MONTHLY PHYSICAL ACTIVITY SHEET

This form has been renumbered and revised. Please update your link to:
<http://dhs.wisconsin.gov/forms/F4/F40073.pdf>

Circuit training
 Hockey
 Rock climbing
 Running, 5 mph
 X-C skiing-moderate
 Snow shoeing
 Swimming-moderate
 Tennis, singles
 Volleyball, beach
 Walking upstairs

1 Point/10 min

Aerobic – general
 Backpacking/hiking
 Bicycling 10-12 mph
 Canoeing - moderate
 Dancing – aerobic, fast
 Jet-skiing, water
 Jogging < 5 mph
 Moving boxes
 Rowing – moderate
 Shoveling snow
 Skating – vigorous
 Skiing-moderate
 Sledding
 Soccer – moderate
 Swimming-leisure
 Tennis – doubles
 Weight lifting-vigorous
 Walking – brisk, 4 mph

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Home repair-carpentry,
 Plumbing, etc.
 Horseback riding
 Housework – cleaning
 Music-vigorous, drums
 Play w/kids – moderate
 Sailing/sail board
 Snowmobiling
 Stretching, Yoga
 Table tennis
 Walk – moderate 3 mph
 Water Aerobics
 Weight Lift – moderate

1 Point/20 min

Billiards/pool
 Cooking
 Fishing
 Mowing lawn – riding
 Music playing –general
 Playing catch
 Play w/kids – light
 Walking – slow 2 mph
 Yard games – Croquet,
 frisbee, darts, etc

Total Points

Approximate calories burned during activity

1 point = 40 calories for a 105 pound person
 1 point = 50 calories for a 130 pound person
 1 point = 60 calories for a 155 pound person
 1 point = 70 calories for a 180 pound person
 1 point = 80 calories for a 210 pound person
 1 point = 90 calories for a 235 pound person
 1 point = 100 calories for a 260 pound person
 Resting Metabolic Rate = about 1 to 2 points/hr

Multiply by calories/point (see weight chart) x _____

Total calories burned this month