

# Calculate your daily energy expenditure

## (How many calories you burn a day)

1. Fill out the table hour by hour, by noting minutes spend in each activity zone
2. Example: if you wake up at 7.30 AM and starts walking around in your home until 8.00 AM you would enter "30 min" under "Sleeping" and "30 min" under "Standing / walking" in the line starting with "7:00"
3. After filling out the entire 24 hours, you can sum up minutes in the "Sum" line. Recalculate minutes into hours and minutes in the bottom line.
4. Enter values into the calculator <http://www.health-calc.com/diet/energy-expenditure-advanced>

	Hour of the day	Sleeping	Sitting	Standing / walking	Light exercise	Moderate exercise	Intense exercise
AM	12:00-1:00						
	1:00-2:00						
	2:00-3:00						
	3:00-4:00						
	4:00-5:00						
	5:00-6:00						
	6:00-7:00						
	7:00-8:00						
	8:00-9:00						
	9:00-10:00						
	10:00-11:00						
	11:00-12:00						
PM	12:00-1:00						
	1:00-2:00						
	2:00-3:00						
	3:00-4:00						
	4:00-5:00						
	5:00-6:00						
	6:00-7:00						
	7:00-8:00						
	8:00-9:00						
	9:00-10:00						
	10:00-11:00						
	11:00-12:00						
	<b>Sum</b>						
	<b>Recalculate</b> hours:minutes						

### Definitions:

**Standing / Walking:** Cooking, easy walking, shopping

**Light exercise:** Housework, gardening, brisk walking, golf

**Moderate exercise:** Strength training, wood-chopping, most sports, bicycling

**Intense exercise:** Maximum effort, intensity sports, fast running, fast rowing