How Many Calories Am I Burning When I Do Athletic Activities?

	Calories Burned Per 15 Minutes						
ACTIVITY	**120 lb person**	**140 lb person**	**160 lb person**	**180 lb person**	**200 lb person**	**220 lb person**	**240 lb person**
Bowling	41	48	55	62	69	76	83
Frisbee Playing	41	48	55	62	69	76	83
Golf - Cart	47	55	62	70	78	86	94
Volleyball - Recreation	47	55	62	70	78	86	94
Weight Lifting - General	47	55	62	70	78	86	94
Bicycling - Leisure	54	63	72	81	90	99	108
Water Aerobics	54	63	72	81	90	99	108
Tennis - Doubles	58	67	77	86	96	106	115
Walking - 20 min/mile	59	69	79	89	99	109	119
Basketball - Shooting Baskets	61	71	82	92	102	112	122
Canoeing - 2mph	61	71	82	92	102	112	122
Hunting	68	80	91	103	114	125	137
Kayaking	68	80	91	103	114	125	137
Skating - Moderate	68	80	91	103	114	125	137
Softball	68	80	91	103	114	125	137
Pilates - Intermediate	70	82	94	105	117	129	140
Walking - 15 min/mile	70	82	94	105	117	129	140
Hiking	81	94	108	122	135	148	162
Aerobics - Low Impact	83	97	110	124	138	152	166
Golf - Carrying Clubs	83	97	110	124	138	152	166
Swimming - Moderate	83	97	110	124	138	152	166
Tennis - Singles	83	97	110	124	138	152	166
Aerobics - High Impact	95	111	127	143	159	175	191
Horseback Riding - Galloping	110	128	146	165	183	201	220
Bicycling - Mountain	115	134	154	173	192	211	230
Running - 12 min/mile	115	134	154	173	192	211	230
Football - Touch	119	139	158	178	198	218	238
Skiiing - Downhill	119	139	158	178	198	218	238
Swimming - Vigorous	133	155	178	200	222	244	266
Racquetball - Competitve	137	160	182	205	228	251	274
Rope Jumping	137	160	182	205	228	251	274
Running - 10 min/mile	137	160	182	205	228	251	274
Soccer - Competitive	137	160	182	205	228	251	274
Basketball - Full Court	149	174	199	224	249	274	299
Elliptical Trainer	155	181	206	232	258	284	310
Skiing - Cross Country	155	181	206	232	258	284	310
Running - 7.5 min/mile	184	214	245	275	306	337	367
Running - 6 min/mile	245	286	326	367	408	449	490

NOTE: This table should be used as a general guideline. These numbers are only approximations.
The number of calories you actually burn could be slightly higher or lower depending upon your intensity level and your exact weight.

Source: http://www.healthstatus.com/calculate/cbc