How Many Calories Am I Burning When I Do Everyday 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**
Sleeping	13	15	17	19	21	23	25
Sitting	14	17	19	22	24	26	29
Talking on the Phone	14	17	19	22	24	26	29
Standing (Light Activity)	16	19	22	24	27	30	32
Studying	25	29	34	38	42	46	50
Driving	29	34	38	43	48	53	58
Ironing	31	36	41	46	51	56	61
Washing the Dishes	31	36	41	46	51	56	61
Shopping	32	38	43	49	54	59	65
Cooking	36	42	48	54	60	66	72
Playing the Piano	38	44	50	57	63	69	76
Housework	40	46	53	59	66	73	79
Playing with the Kids	54	63	72	81	90	99	108
Raking the Lawn	54	63	72	81	90	99	108
Showering	58	67	77	86	96	106	115
Mowing - Push	59	69	79	89	99	109	119
Mopping	61	71	82	92	102	112	122
Washing the Car	61	71	82	92	102	112	122
Gardening	74	86	98	111	123	135	148
Dancing	81	94	108	122	135	148	162
Chopping Wood	82	97	110	124	138	152	166
Shoveling Snow	83	97	110	124	138	152	166
Rearranging Furniture	90	105	120	135	150	165	180
Walking up the Stairs	110	128	146	165	183	201	220

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