



Walking My Neighborhood Handout: A Month of Walks

Use the chart below to log all of the walks you take this month. For each walk, record the following information:

- Name of destination
- Distance walked (in miles)
- Minutes walked
- Calories burned (see equation on the back of the handout)

<i>Name of Destination</i>	<i>Distance Walked</i>	<i>Minutes Walked</i>	<i>Calories Burned</i>



Walking My Neighborhood Handout: A Month of Walks

Table Continued.....

<i>Name of Destination</i>	<i>Distance Walked</i>	<i>Minutes Walked</i>	<i>Calories Burned</i>

To estimate calories burned, use the following equation:

$$\text{Activity Calories} * \text{x Weight (in pounds)} * \text{Minutes} = \text{Total Calories Burned}$$

Example:

$$.036 \text{ calories} * 140 \text{ pounds} * 30 \text{ minutes} = 151.2 \text{ calories}$$

*Calories by Activity

- Walking, normal pace on flat surface: .036 calories per pound per minute
- Walking, climbing hills: .055 calories per pound per minute
- Running, slow jog: .087 calories per pound per minute
- Running, medium pace: .115 calories per pound per minute