

## Activity Summary

List of the Activities performed, their METs, duration and Calories burned.

### Profile Info

Personal: Clyde Miguel Singleton Jr Male 55 yrs 6 ft 211 lb

Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7

Activity Level: Very Active Strive for an Active activity level.

Weight Change: None Best not to exceed 2 lbs per week.

BMI: 28.6 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Profile Calorie Goal: 3825

### Daily Activity Details

#### Day 1

	Duration	Mets	Exercise	Calories
1	hours	6.0	conditioning, resistance training, weight lifting,	603
8	hours	2.5	transportation, driving an automobile or light	0!
5	hours	2.5	occupation, operating heavy duty equipment,	1256
			Sedentary Activities of Daily Living**	2602
			Total Calories (Very Active)	4462

#### Day 2

	Duration	Mets	Exercise	Calories
10	hours	2.5	transportation, driving an automobile or light	0!
			Sedentary Activities of Daily Living**	2602
			Total Calories (Sedentary)	2602

#### Day 3

	Duration	Mets	Exercise	Calories
1	hours	3.0	conditioning, weight lifting, light/moderate	301
10	hours	2.5	transportation, driving an automobile or light	0!
			Sedentary Activities of Daily Living**	2602
			Total Calories (Low Active)	2904

#### Day 4

	Duration	Mets	Exercise	Calories
8	hours	2.5	transportation, driving an automobile or light	0!
1	hours	3.0	conditioning, weight lifting, light/moderate	301
			Sedentary Activities of Daily Living**	2602
			Total Calories (Low Active)	2904

#### Day 5

	Duration	Mets	Exercise	Calories
8	hours	2.5	transportation, driving an automobile or light	0!
5	hours	7.0	sports, basketball, officiating	3517
			Sedentary Activities of Daily Living**	2602
			Total Calories (Very Active)	6120

Day 6

	Duration	Mets	Exercise	Calories
30	minutes	2.3	home activities, grocery shopping	0!
3	hours	2.3	home activities, shopping (non-grocery),	0!
3	hours	6.0	winter activities, moving ice house, set up/drill	1809
			Sedentary Activities of Daily Living**	2602
			Total Calories (Very Active)	4411

Day 7

	Duration	Mets	Exercise	Calories
3	hours	9.0	home activities, moving household items	2713
2	hours	3.5	home activities, cooking or food preparation,	703
			Sedentary Activities of Daily Living**	2602
			Total Calories (Very Active)	6019

Summary

	Calories
Sedentary Activities of Daily Living**	2602
Average Daily Calories Expended	1601
Daily Average***	4203

[!] This activity is included in your Activities of Daily Living and so will not be counted as additional exercise Calories.

[\*\*] The Sedentary activity level includes basic daily tasks such as getting ready for the day, housework, walking to work or class, and light yard work. These tasks are called Activities of Daily Living (ADL). If you engage in physical activity beyond that included in the activities of daily living, you may increase your activity level to Low Active, Active or Very Active. The Active activity level is recommended by the government for health.

[\*\*\*] Your Daily Average put you in the Very Active activity level, and suggests 3825 Calories to maintain your current weight.

Calorie Goal  
3825

Calories Expended  
4203

