

Checklist Calories Burned

When you don't have much time to go to the gym, you have always the option of burning some calories at home.

In this list you find how much calories you burn per hour by doing the different kinds of household chores.

In the checklist, you can write down how much calories you've burned each day of the week.

<i>Household chore</i>	<i>Cal/h</i>	<i>Workout</i>
Making the bed	70	20 min Pilates
Doing laundry	148	40 min weight session
Ironing	157	30 min water aerobics
Sweeping floors	161	30 min cycling
Dusting	166	20 min aerobics
Vacuuming	175	20 min jogging
Cleaning windows	231	25 min circuit training
Scrubbing bathroom	256	20 min spinning
Washing the car	314	45 min swimming
Mopping floors	314	45 min boxing

How many calories did I burn today?

household chore

cal.

total

Monday

Tuesday

Wednesday

How many calories did I burn today?

household chore

cal.

total

Thursday

Friday

Saturday