



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Name: _____

Date	Time Walked	Steps (Pedometer)	# of Laps	Distance (Miles)	Calories	RPE

Remember that physical activity and health work in a dose-response relationship, so the more you put in; the more you get out!

Table of Calories

Calories Burned per 1 Minute of Activity		
Speed in Miles per Hour	Body Weight	
	125 - 174 pounds	175 - 250 pounds
2 miles per hour	2.9	4.0
2.5 miles per hour	3.5	4.8
3 miles per hour	4.0	5.6
3.5 miles per hour	4.6	6.4
4 miles per hour	5.2	7.2

RPE Scale	
0	nothing at all
1	very easy
2	easy
3	moderate
4	somewhat difficult
5	difficult
6	more difficult
7	very difficult
8	
9	very, very difficult
10	almost maximal

Finding Calories Burned

1) Distance = # of laps x route miles

For example: Distance = 20 laps on green x 0.13 miles = 2.6 miles

2) Miles per Hour = (total miles x 60) ÷ time walked in minutes... so if you walked for 65 minutes...

For example: Miles per Hour = (2.6 x 60) ÷ 65 = 2.4 miles per hour

3) Calories burned in Exercise... Find your walking speed in the box above in the appropriate body weight, then multiply that amount of calories by how long you walked!

For example: 2.4 mph and 150 lbs = 3.5 calories x 65 minutes = 228 Calories Burned!

Pedometer Conversions

Steps	Km	Miles	Steps	Km	Miles
500	0.40	0.25	5500	4.43	2.75
1000	0.80	0.50	6000	4.83	3.00
1500	1.21	0.75	6500	5.23	3.25
2000	2.61	1.00	7000	5.63	3.50
2500	2.01	1.25	7500	6.03	3.75
3000	2.41	1.50	8000	6.44	4.00
3500	2.82	1.75	8500	6.84	4.25
4000	3.22	2.00	9000	7.24	4.50
4500	3.62	2.25	9500	7.64	4.75
5000	4.02	2.50	10000	8.05	5.00

Source: SA Department of Human Services. '10 Grand Steps' logbook
Commonwealth Department of Health and Aging