

Quoted from: [http://www.presidentschallenge.org/activity\\_log/index.aspx](http://www.presidentschallenge.org/activity_log/index.aspx)

## Calories burned in one hour at different body weights

Calories burned per hour at different body weights					
<b>Walking</b>	110 lbs.	125 lbs.	150 lbs.	175 lbs.	200 lbs.
Strolling less than 2 mph, level	100	114	136	159	182
Moderate pace about 3 mph	175	199	239	278	318
Brisk pace about 3.5 mph	200	227	273	318	364
Very brisk pace about 4.5 mph	225	256	307	358	409
Moderate pace about 3 mph, uphill	300	341	409	477	545