

100-MILE CLUB

WALKING			
slowly, 2 mph	30 min =	156 cal =	1 mile
moderately, 3 mph	20 min =	156 cal =	1 mile
very briskly, 4 mph	15 min =	156 cal =	1 mile
speed walking	10 min =	156 cal =	1 mile
up stairs	13 min =	159 cal =	1 mile
RUNNING / JOGGING			
• • •	10 min =	156 cal =	1 mile
CYCLE OUTDOORS			
slowly, < 10 mph	20 min =	156 cal =	1 mile
light effort, 10-12 mph	12 min =	156 cal =	1 mile
moderate effort, 12-14 mph	10 min =	156 cal =	1 mile
vigorous effort, 14-16 mph	7.5 min =	156 cal =	1 mile
very fast, 16-19 mph	6.5 min =	152 cal =	1 mile
SPORTS ACTIVITIES			
playing tennis (singles)	10 min =	156 cal =	1 mile
swimming			
light to moderate effort	11 min =	152 cal =	1 mile
fast, vigorous effort	7.5 min =	156 cal =	1 mile
softball	15 min =	156 cal =	1 mile
golf	20 min =	156 cal =	1 mile
rollerblading	6.5 min =	152 cal =	1 mile
ice skating	11 min =	152 cal =	1 mile
jumping rope	7.5 min =	156 cal =	1 mile
basketball	12 min =	156 cal =	1 mile
soccer (casual)	15 min =	159 min =	1 mile
AROUND THE HOUSE			
mowing grass	22 min =	156 cal =	1 mile
mopping, sweeping, vacuuming	19.5 min =	155 cal =	1 mile
cooking	40 min =	160 cal =	1 mile
gardening	19 min =	156 cal =	1 mile
housework (general)	35 min =	156 cal =	1 mile

AROUND THE HOUSE			
ironing	45 min =	153 cal =	1 mile
raking leaves	25 min =	150 cal =	1 mile
washing car	23 min =	156 cal =	1 mile
washing dishes	45 min =	153 cal =	1 mile
AT THE GYM			
stair machine	8.5 min =	155 cal =	1 mile
stationary bike			
slowly, 10 mph	30 min =	156 cal =	1 mile
moderately, 10-13 mph	15 min =	156 cal =	1 mile
vigorously, 13-16 mph	7.5 min =	156 cal =	1 mile
briskly, 16-19 mph	6.5 min =	156 cal =	1 mile
elliptical trainer	12 min =	156 cal =	1 mile
weight machines (vigorously)	13 min =	152 cal =	1 mile
aerobics			
low impact	15 min =	156 cal =	1 mile
high impact	12 min =	156 cal =	1 mile
water	20 min =	156 cal =	1 mile
pilates	15 min =	156 cal =	1 mile
raquetball (casual)	15 min =	156 cal =	1 mile
stretching exercises	25 min =	150 cal =	1 mile
weight lifting (also works for weight machines used moderately or gently)	30 min =	156 cal =	1 mile
FAMILY LEISURE			
playing piano	37 min =	155 cal =	1 mile
jumping rope	10 min =	152 cal =	1 mile
skating (moderate)	20 min =	152 cal =	1 mile
swimming			
moderate	17 min =	156 cal =	1 mile
vigorous	10 min =	148 cal =	1 mile
table tennis	25 min =	150 cal =	1 mile
walk / run / play with kids	25 min =	150 cal =	1 mile

Let's Count Our Miles!

Color each circle to represent a mile you've completed.

Watch your progress to that 100 mile marker!

