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Josey Pearce Keener, St. Lucie County & Joshua Payne, Hillsborough County

HOW MANY CALORIES WILL YOU BURN?

1) What is your weight? (pounds)
2) What is your average speed on a bike? (mph)
3) What is the MET? (Metabolic EquivalenT)
4) How long will you ride the bike? (minutes)
Now Calculate your exercise calories using the formula below, round as needed

Bike Speed	METs
Less than 11 mph	3.5
12 to 13 mph	8.0
14 to 15 mph	10.0

Example:
150 lb. person with an average speed of 12 mph has a MET of 8 and rides for 10 minutes.

$$\frac{8 \times 3.5 \times 150 \times .45359 \times 10}{200}$$

$$= 95$$

FORMULA:

$$\frac{MET \times 3.5 \times (lbs \times 0.45359) \times minutes}{200}$$

Note: the equation was updated to calculate for lbs. not kg. Resource used: Don Hall. MET Levels of Common Recreational Activities. Wellsource, INC., 2008.

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WORKSHEET

1) What is your weight? (pounds)

2) What is your average speed on a bike? (mph)

3) What is the MET? (Metabolic EquivalenT)

4) How long will you ride the bike? (minutes)

Calculate your exercise calories using the formula below, round as needed:

$$\frac{MET \times 3.5 \times (lbs \times 0.45359) \times minutes}{200}$$

My exercise calorie calculation is: