



# CLEAN EATING with kids

## 50 HOUSEHOLD CHORES THAT BURN MAJOR CALORIES

**Forget the Gym. Put in a little more effort at home to Save Money, Burn Calories and Have a Clean Home at the same**

*PRINT OFF STICK THIS CHECKLIST ON THE FRIDGE OR IN A PLACE YOU CAN SEE IT EVERY DAY!*

	Household Activity	15 min	1 hr
1	Carpet sweeping, sweeping floors	39	156
2	Cleaning, heavy or major, vigorous effort - washing car, washing windows, cleaning garage	34	136
3	Mopping	34	136
4	Multiple household tasks all at once, light effort – Picking things up, dusting, taking out the trash	26	102
5	Multiple household tasks all at once, moderate effort – Taking clothes out the dryer, folding, packing away, changing linen	43	170
6	Washing Dishes while standing	22	88
7	Washing Dishes and clearing dishes from the table (with a little walking)	26	102
8	Vacuuming	43	170
9	Cooking and Food Preparation	17	68
10	Serving Food and Setting the table	26	102
11	Putting away groceries, carrying packages and carrying groceries, shopping in store with a basket not a grocery cart	26	102
12	Carrying Groceries up stairs	111	442
13	Food shopping with a cart – standing and walking	22	88
14	Non Food Shopping (window shopping, clothes shopping, Christmas shopping)	22	88
15	Ironing	22	88
16	Sitting - knitting, sewing, light wrapping of presents	9	34
17	Doing laundry, packing suitcase (while standing), Folding or hanging clothes, putting clothes in washer or dryer	17	68
18	Putting away clothes, Gathering clothes to pack, putting away laundry while walking around	22	88
19	Making the bed	17	68
20	Carrying Wood for the fireplace	68	272

21	Moving furniture, or moving boxes	85	340
22	Scrubbing floors on hands and knees - including scrubbing bathroom, bathtub	48	190
23	Sweeping garage, sidewalk, or outside of house	51	204
24	Packing/unpacking boxes, light to moderate effort, occasional lifting of household items while standing	43	170
25	Putting away household items while walking around - moderate effort	34	136
26	Watering the Plants	26	102
27	Light home activities while standing Including pumping gas, changing light bulbs	17	68
28	Walking - light, non-cleaning, Ready to leave, shutting/locking doors, closing windows	34	136
29	Sitting - playing with child(ren) - light, only active periods	26	102
30	Standing - playing with child(ren) - light, only active periods	31	122
31	Walk/run - playing with child(ren) - moderate, only active periods	51	204
32	Walk/run - playing with child(ren) - vigorous, only active periods	68	272
33	Carrying Small Children	34	136
34	Child care: sitting/kneeling - dressing, bathing, grooming, feeding, occasional lifting of child-light effort, general	26	102
35	Child care: standing - dressing, bathing, grooming, feeding, occasional lifting of child-light effort	34	136
36	Elder care, disabled adult, only active periods	51	204
37	Reclining with baby	9	34
38	Sit, playing with animals, light, only active periods	26	102
39	Stand, playing with animals, light, only active periods	31	122
40	Walk/run, playing with animals, moderate activity	51	204
41	Standing & bathing the Dog	43	170
42	Styling your hair	26	102
43	Showering and towel drying yourself while standing	17	68
44	Gardening – Moderate to Vigorous Work like Clearing land, hauling branches, wheelbarrow chores, Digging, spading, filling garden, composting	68	272
45	Mowing lawn pushing a mower	77	306
46	Gardening – planting seedlings, shrubs or light weeding	60	238
47	Gardening – Raking the leaves off the lawn	56	224
48	Shovelling Snow by hand	85	340
49	Trimming shrubs or trees with a manual pruner/cutter	60	238
50	Gardening – walking/standing in the garden doing light work such as picking things up (like toys), cleaning up the yard, picking flowers or vegetables	34	136