

## Energy Expenditure Assessment

Please take time allocating hours as correctly as possible to truly reflect your average day.

### Personal Information:

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight: \_\_\_\_\_ kg

### Enter the average amount of hours spent in each activity daily (Divide 24 hrs approximately):

Sleeping; resting in bed \_\_\_\_\_

Sitting; eating, listening, writing, etc \_\_\_\_\_

Light activity whilst standing \_\_\_\_\_

Slow walking; driving, dressing, showering \_\_\_\_\_

Light manual work; household chores or light walking \_\_\_\_\_

Leisure activities and recreational sports \_\_\_\_\_

Manual work at a moderate pace \_\_\_\_\_

Leisure and sport activities of higher intensity \_\_\_\_\_

Intense manual work or exercise; competition \_\_\_\_\_

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**Energy Expenditure:** \_\_\_\_\_ calories

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