**Build a Calorie Bank**

Choose from the exercises below and complete at least 20 minutes each day.

Calculate how many calories you burn each day by using the table below that shows how many calories 1 minute of each exercise burns.

At the end of day 5 add your total amounts for each day together to work out your calorie (kcal) budget for the next task.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Exercises  1 minute | Kcal  Burned | Monday | Tuesday | Wednesday | Thursday | Friday |
| Squats | 20 |  |  |  |  |  |
| Lunges | 20 |  |  |  |  |  |
| Push ups | 15 |  |  |  |  |  |
| Star Jumps | 15 |  |  |  |  |  |
| Plank | 10 |  |  |  |  |  |
| Sit ups | 8 |  |  |  |  |  |
| Burpees | 20 |  |  |  |  |  |
| Mountain Climbers | 20 |  |  |  |  |  |
| High Knees | 15 |  |  |  |  |  |
| Tuck Jumps | 20 |  |  |  |  |  |
| Tricep Dips | 12 |  |  |  |  |  |
| Leg raises | 8 |  |  |  |  |  |
| Step ups | 10 |  |  |  |  |  |
|  | Total Kcal Burned |  |  |  |  |  |

Weekly Total \_\_\_\_\_\_\_\_\_\_K(cal)

**Super Market Sweep**

Create a food plan for 3 meals using the calories (Kcal) you have burned by exercising this week.

**Budget**

Total amount of (Kcal): \_\_\_\_\_\_\_\_\_\_\_\_

Monday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tuesday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wednesday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Calories (Kcal)** | **Food** | **Calories (Kcal)** |
| McDonalds Medium meal | 808 | Spaghetti Bolognaise  (mince, onions, mushrooms, chopped tomatoes, tomato puree, pasta) | 450 |
| Chinese  (Sweet and sour chicken with fried rice) | 1000 | Chilli Con Carnie  (mince, kidney beans, onions, chopped tomatoes, tomato puree, chilli powder, boiled rice) | 400 |
| Domino's Pizza (cheese and tomato) | 852 | Chicken Casserole  (chicken, potatoes, carrots, onions, gravy) | 400 |
| KFC mighty bucket for 1 | 1270 | Fajitas  (Chicken, Fajita Seasoning, onions, peppers, wraps) | 310 |
| Fish and chips (take away) | 1000 | Homemade Pizza  (2 tortilla wraps, passata, tomato puree, cheese) | 420 |