

2. Look at the chart below. On the basis of your list of activities would you say that you are:

Level	Physical Activity
1.1	Sedentary or immobilized
1.4	Minimal activity
1.55	Moderate activity (exercise, walking, etc., an average of 30 minutes most days)
1.75	Very active (running 30+ minutes three or more times per week)

My Physical Activity Level is _____

What is the ideal number of calories needed to maintain my weight?

Go online and use this online calculator (Calculate Daily Calories Burned <http://www.calorie-count.com/calories/calories-burned.php>) to help you figure out how many calories you must eat to maintain your weight.

I can eat _____ calories each day to maintain my weight.

Does it seem like a lot of calories? Wait until you see what an adult male otter has to eat each day!

