**Recursive Routine Practice**

Resting Metabolic Rate (RMR) represents the number of calories your body burns daily when at rest. In the table below, choose the weight and gender that best describes you to determine your approximate RMR.

Male Female

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight (lbs) | RMR (kcal) |  | Weight (lbs) | RMR (kcal) |
| 80 | 1290 |  | 80 | 1130 |
| 90 | 1340 |  | 90 | 1170 |
| 100 | 1400 |  | 100 | 1230 |
| 120 | 1490 |  | 120 | 1320 |
| 140 | 1600 |  | 140 | 1430 |
| 160 | 1720 |  | 160 | 1550 |
| 180 | 1830 |  | 180 | 1660 |

Choose the activity you would most like to participate in from the list below. Highlight the activity and the calories burned.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Activity | Aerobics | Downhill Skiing | Bowling | Horseback Riding | Flag Football |
| Calories Burned per Minute | 7 | 6 | 3 | 4 | 8 |

Insert the name of your activity in the top of the first column in the table below. How many calories has your body burned during a full day before you participate in your chosen activity? \_\_\_\_\_\_\_ What is that value called? \_\_\_\_\_\_\_\_\_\_\_\_ Where would this fit in the table? \_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Minutes Spent | Total Daily Calories Burned |
| 0 |  |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 10 |  |
| 20 |  |
| 30 |  |

Determine the total daily calories burned though the first five minutes of your activity. Continue your calculations to determine the total daily calories burned for 10 minutes, 20 minutes and 30 minutes.

Recursive Routine

Start Value:\_\_\_\_\_\_\_\_\_\_\_\_

Operation:\_\_\_\_\_\_\_\_\_\_\_\_\_