



Δ in gr9 = 0.41 min/day x 1.17METs
= 0.48 kcal/day x 196 school days/year
= 94.1 kcal/year

Δ in gr10 = 4.81 min/day x 1.17METs
= 5.6 kcal/day x 196 school days/year
= 1103.5 kcal/year

Δ in gr11 = 13.76 min/day x 1.17METs
= 16.1 kcal/day x 196 school days/year
= 3155.6 kcal/year

Δ in gr12 = 14.03 min/day x 1.17METs
= 16.4 kcal/day x 196 school days / year
= 3218.3 kcal/year

- gr9
- gr10
- gr11
- gr12