

## Calories Expended vs. Calories Consumed Survival Simulation

### It's survivor time!

You have twelve hours of daylight in which to find food for yourself. You must weigh the known calorie expenditure for each activity compared to the potential for calories that can be earned and decide how you will spend your time.

For example, hunting for meat is hard work, so it expends more calories than foraging. Unfortunately, it also has less chance of success. But meat is rich in fat and protein and contains many more calories per ounce than fruits or vegetables do. If you get lucky and manage to snag a larger animal, you may find yourself with enough calories to feed yourself for a week or a month. Foraging almost always pays off and grubs especially are a good source of high-calorie protein, but it takes a lot of berries and bugs to add up to a decent meal.

Activity	Calories Burned Per Hour	Activity	Calories Burned Per Hour
<b>Bow hunting</b> ++ add for each oz. of meat for skinning, butchering, and cooking		<b>Picking berries</b>	
<b>Fishing</b> ++ add for each oz. of fish for cleaning and cooking		<b>Harvesting vegetables/fruit trees</b>	
<b>Setting snares</b> ++ add for each oz. of meat for skinning, butchering, and cooking		<b>Foraging for edible plants</b>	
<b>Stealing food</b> <i>Note: Stealing food can have high caloric rewards, but beware! There is also a higher risk of unintended calorie expenditures!</i>	(varies – see card)	<b>Foraging for edible grubs (insects)</b>	

### Go Fish!

We will play in twelve rounds, one for each hour of daylight available to you. Take turns drawing one Chance Card from the pile of your choice. Turn it over and record the results of your hours' labor in the Calorie Consumption Chart on the back. Make sure to include the baseline of how many calories per hour the activity used, PLUS calories used preparing your meal (++) multiply the number on the chart by the number of oz. listed on the card) AND any unintended calories listed on your Chance Card.

For this simulation, each activity takes one hour, which means you have twelve chances to find enough food to survive the day.

Hour	Activity	Base Expenditure (Calories per hour)	Additional Calories Spent (++ per oz. plus unintended)	Calories Consumed
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
	<b>TOTALS</b>			
		<b>NET TOTAL</b>		
		*Add 1,000 calories for min. daily expenditure		