

# Want to know how many calories you burn from different exercises?

You can find a Calorie Burn Calculator at:

<http://www.myfitnesspal.com/exercise/lookup>

The screenshot shows the MyFitnessPal website interface. At the top, there is a navigation bar with the MyFitnessPal logo and links for 'Log In' and 'Sign Up'. Below this is a blue menu bar with categories: 'ABOUT', 'FOOD', 'EXERCISE', 'APPS', 'BLOG', and 'COMMUNITY'. The main content area features a featured article titled '5 Foods to never eat' with a 'NEVER EAT' button and an image of a banana. Below this is the 'Calories Burned From Exercise' section, which includes a search bar, a dropdown menu for exercise selection (currently showing 'Abdominal Crunches'), and a 'Search' button. To the right of the search bar is a sidebar with an article titled 'How to Cure Spider Veins?'. Below the search bar is a 'Matching exercises:' section with an empty box. To the right of this is a 'How Many Calories Did I Burn?' calculator with input fields for 'Your Weight' (150 Pounds) and 'How Long' (Minutes), and a 'Calories burned: 0' display. At the bottom, there is a 'Browse our exercise database by name:' section with a list of letters from A to Z.