

Do you need an Arch card?



**Satisfy your
Holiday
Hunger.**

Beginning Friday, Nov 27th at 7am
Inside purchase only

**FREE Big Mac® or Egg McMuffin® Sandwich
every week for 1 Year* with purchase of
\$100 in Arch Cards®. Only 100 available.**

*While supplies last, limited availability. Valid only at participating U.S. McDonald's. Prices may vary. Not valid with any other offer, discount, coupon or combo meal. Big Mac sandwiches for 12 months limited to one sandwich per week. Limit one per person per visit. Tax may apply. May not be transferred, auctioned, sold or duplicated in any way or transmitted via electronic media. Valid when product is served. May not be valid for custom orders. Void where prohibited. ©2015 McDonald's | MD56787

Some McDonald's restaurants are offering a deal on McDonald's Arch cards.

1. How much is this deal actually worth?
2. How much can you potentially save? Do you think this is a good deal? A good deal for everyone?
3. About how many free calories of food would you get if you were one of the 100 people who got this card?

McDonald's Big Mac = 563 calories Egg McMuffin®: Egg Sandwich McDonald's = 300 calories
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4. The chart below gives the number of calories burned from various activities and body weights. How long would it take to burn these calories using some of the activities described in the chart below?

Activity	Calories Burned Per Hour			
	130 lb.	155 lb.	185 lb.	205 lb.
Cycling, 12-13.9 mph, moderate	472	563	654	745
Cycling, 14-15.9 mph, vigorous	590	704	817	931
Cycling, 16-19 mph, very fast, racing	708	844	981	1,117
Cycling, >20 mph, racing	944	1,126	1,308	1,489
Running, 6 mph (10 min mile)	590	704	817	931
Running, 6.7 mph (9 min mile)	649	774	899	1,024
Running, 7 mph (8.5 min mile)	679	809	940	1,070
Running, 7.5mph (8 min mile)	738	880	1,022	1,163
Running, 8 mph (7.5 min mile)	797	950	1,103	1,256
Running, 8.6 mph (7 min mile)	826	985	1,144	1,303
Running, 9 mph (6.5 min mile)	885	1,056	1,226	1,396
Running, 10 mph (6 min mile)	944	1,126	1,308	1,489
Running, 10.9 mph (5.5 min mile)	1,062	1,267	1,471	1,675
Swimming laps, freestyle, fast	590	704	817	931
Swimming laps, freestyle, slow	413	493	572	651

Chart from: <http://www.ilovebicycling.com/wp-content/uploads/2017/11/calorie-table.png>

Source; <https://www.mcdonalds.com/us/en-us/>