

Potty Pointers

Convert Consumption into Labor

A breakfast on the go of low-fat yogurt and a banana is less than 200 calories. A sausage biscuit is about 500 calories. You would have to jog an additional 30 minutes to burn the extra calories. The question you have to ask yourself: “Is it worth jogging an extra 30 minutes?” The principle can also be used for spending. Let’s say someone clears about \$10 per hour and is considering buying a \$60 concert ticket. Would the concert be worth working 6 hours?



Converting consumption into labor can help you put eating and spending habits into perspective.

- Determine the cost – calories or dollars.
- Estimate the amount of exercise needed to burn that number of calories or determine the number of hours of work needed to pay for the item.
- Decide if it’s worth the labor.

Think twice about your eating or spending habits. Before you splurge, ask yourself “Is it worth it?”



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