Johnny goes to a gym for three days straight. His daily calorie expenditures are shown below.

Day 1: 250
Day 2: 350
Day 3: 450

He would like to burn the same number of calories per day. What should he do?

1) He should move 100 calories from Day 3 to Day 1. This will give him a uniform burn rate. Day 1 calories will rise by 100, and Day 3 calories will fall by 100. The result is shown below.

Day 1: 250+100=350
Day 2: Already set to 350
Day 3: 450-100=350