

# ACTIVITY TO STEP conversion chart

For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps. Simply multiply the number of minutes you spent doing the activity by the number of steps indicated on the chart. If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value.

PHYSICAL ACTIVITY	STEPS PER MINUTE
Aerobics (Low Impact)	146
Aerobics (Moderate/High)	217
Badminton (Recreational)	99
Badminton (Competitive)	141
Baseball/Softball	150
Basketball (Recreational)	171
Basketball (Competitive)	250
Basketball (Wheelchair)	224
Bicycling (Leisurely, 10-11.9)	170
Bicycling (Moderate, 12-13.9)	228
Bicycling (Vigorous, 14-15.9)	294
Bowling	87
Canoeing	177
Circuit Training	242
CrossFit	243
Dance (Slow)	87
Dance (Fast)	154
Elliptical	244
Firewood (Carrying)	176
Firewood (Chopping)	198
Firewood (Sawing)	113
Football (Flag/Touch)	275
Football (Competitive)	309
Frisbee Playing	91
Golf (With Cart)	97

PHYSICAL ACTIVITY	STEPS PER MINUTE
Golf (Without Cart)	133
Gymnastics	160
Handball (Recreational)	142
Handball (Competitive)	230
Hiking	185
Hiking (With Load)	216
Hockey	243
Horseback Riding	102
Horseshoes	97
Ice Skate (Leisurely)	90
Ice Skate (Moderate)	163
Ice Skate (Competitive)	203
Jog In Water	275
Jogging	209
Jump Rope (Slow)	242
Jump Rope (Moderate)	278
Jump Rope (Fast)	370
Kayaking	296
Kickboxing/Karate/Judo	270
Mow Lawn (Push)	168
Nordic Track	232
Paddle Boarding	182
Painting (House)	79
Pilates	113
Ping Pong	90

PHYSICAL ACTIVITY	STEPS PER MINUTE
Racquetball (Casual)	206
Racquetball	297
Roller Skate	214
Roller Blade	316
Rowing (Leisurely)	93
Rowing	217
Running (6 minute mile)	424
Running (6.5 minute)	386
Running (7 minute mile)	356
Running (7.5 minute)	331
Running (8 minute mile)	305
Running (8.5 minute)	283
Running (9 minute mile)	263
Running (9.5 minute)	247
Running (10 minute mile)	235
Running (10.5 minute)	226
Running (11 minute mile)	220
Running (11.5 minute)	213
Running (12 minute mile)	209
Scrub Floors	135
Scuba Dive	190
Shovel Snow (Moderate)	133
Shovel Snow (Heavy)	213
Skateboard	172
Ski (Moderate)	176
Ski (Cross Country)	278
Snowboard (Light)	150
Snowboard (Heavy)	210
Snowshoe	220
Soccer (Casual)	207
Soccer (Competitive)	293
Spinning	240
Squash	205

PHYSICAL ACTIVITY	STEPS PER MINUTE
Stair Climb	103
Stair Climb (Slow)	90
Stair Climb (Moderate)	180
Stair Climb (Vigorous)	267
Stretching	6
Swimming (Treading)	90
Swimming (Leisurely)	133
Swimming (Moderate)	174
Swimming (Vigorous)	222
Tae Kwon Do	290
Tai Chi	8
Tennis (Doubles)	160
Tennis (Singles)	338
Trampoline	106
Vacuuming	104
Volleyball	70
Volleyball (Game)	142
Washing/Waxing Car	117
Water Aerobics	123
Water Ski	187
Weight Lift (Moderate)	105
Weight Lift (Strenuous)	206
Weight Lift (Back)	80
Weight Lift (Shoulders)	69
Weight Lift (Legs)	96
Weight Lift	64
Weight Lift (Arms)	42
Wheelchair (100)	125
Wrestling	207
Yard Work (Rake)	135
Yoga (Moderate)	86
Yoga (Vigorous)	160
Zumba	152