

Activity Conversion Chart

Use this conversion chart to determine the number of steps for activities other than walking. Multiply the number of minutes you participated in the activity by the number indicated in the chart. To obtain an accurate count, remove your activity tracker prior to the exercise; calculate steps for the time spent *actively engaging* in the exercise, not including resting time. Replace your activity tracker once you have completed the activity to begin counting steps again.

For example: You participate in a low impact aerobics class for 30 minutes & take a 5 minute break in the middle, that would equal 3,650 steps (25 x 146 = 3,650).

Physical Activity	Number Multiplied by Minutes Spent
Aerobics (Low Impact)	146
Aerobics (Moderate/High Impact)	217
Badminton (Recreational)	99
Badminton (Competitive)	141
Baseball/Softball	150
Basketball (Recreational)	171
Basketball (Competitive)	250
Basketball (Wheelchair)	224
Bicycling (Leisurely, 10-11.9 mph)	170
Bicycling (Moderate, 12-13.9 mph)	228
Bicycling (Vigorous, 14-15.9 mph)	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	Number Multiplied by Minutes Spent
Golf (Without Cart)	133
Gymnastics	160
Handball (Recreational)	142
Handball (Competitive)	230
Hiking	185
Hiking (With Load)	216
Hockey	243
Horseback Riding (Trotting)	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 Mower)	168
Nordic Track	232
Paddle Boarding	182
Painting (House)	79
Pilates	113
Ping Pong	90

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Physical Activity	Number Multiplied by Minutes Spent
Racquetball (Casual)	206
Racquetball (Competitive)	297
Roller Skate	214
Roller Blade	316
Rowing (Leisurely)	93
Rowing (Moderate/Heavy)	217
Running (6 minute mile)	424
Running (6.5 minute mile)	386
Running (7 minute mile)	356
Running (7.5 minute mile)	331
Running (8 minute mile)	305
Running (8.5 minute mile)	283
Running (9 minute mile)	263
Running (9.5 minute mile)	247
Running (10 minute mile)	235
Running (10.5 minute mile)	226
Running (11 minute mile)	220
Running (11.5 minute mile)	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
Stair Climb (Downstairs)	103
Stair Climb (Slow)	90
Stair Climb (Moderate)	180
Stair Climb (Vigorous)	267
Stretching	6
Swimming (Treading Water)	90

Physical Activity	Number Multiplied by Minutes Spent
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 (Recreational)	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 (Abdominal)	64
Weight Lift (Arms)	42
Wheelchair (100 meters)	125
Wrestling	207
Yard Work (Rake Leaves)	135
Yoga (Moderate)	86
Yoga (Vigorous)	160
Zumba	152