

# Activity Conversion Chart

If you are using a fitness tracker, **do not** double-count the steps added from other activities when using the activity conversion chart.

Activity	Steps/Minute (x Your Time)	Activity	Steps/Minute (x Your Time)
Aerobics (Low Impact)	146	Football (Flag/Touch)	275
Aerobics (Moderate/High Impact)	217	Football (Competitive)	309
Aerobics (6-8 Step)	221	Gardening (Light/Moderate)	116
Aerobics (10-12 step)	344	Gardening (Heavy)	168
Backpacking (Carry 0-9lb Load)	241	Golf (With Cart)	97
Backpacking (Carry 10-20lb Load)	258	Golf (Without Cart)	133
Badminton (Recreational)	99	Grocery Shopping	64
Badminton (Game)	141	Gymnastics	89
Baseball/Softball	150	Handball (Recreational)	142
Basketball (Recreational)	171	Handball (Competitive)	230
Basketball (Game)	250	Hiking	185
Basketball (Wheelchair)	224	Hiking (With Load)	216
Bicycling (Casual)	250	Horseback Riding (Leisurely)	31
Bicycling (BMX, Mountain Bike)	292	Horseback Riding (Trotting)	102
Bicycling (Stationary, Light)	170	Horseshoes	97
Bicycling (Stationary, Moderate)	228	Housework/Cleaning	80
Bicycling (Stationary, Vigorous)	361	Ice Skate (Leisurely)	90
Bowling	87	Ice Skate (Moderate)	163
Canoing	177	Ice Skate (Competitive)	203
Circuit training	242	In Line Skating	105
Cycling (5mph)	55	Jog In Water	275
Cycling (10mph)	97	Jogging	197
Cycling (15mph)	180	Jump Rope (Slow)	242
Cycling (20mph)	225	Jump Rope (Moderate)	278
Dance (Socially)	97	Jump Rope (Fast)	370
Dance (Slow)	87	Kickboxing/Karate/Judo	270
Dance (Fast)	154	Modern Dance/Ballet	165
Elliptical	244	Mow Lawn	168
Firewood (Carrying)	176	Nordic Track	232
Firewood (Chopping)	198	Orienteering	89
Firewood (Sawing)	113	Painting	79
Firewood (Stacking)	89	Pilates	113

The general recommendation is to walk 10,000 steps per day. An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day and would benefit by slowly adding more steps each day until they reach 10,000.



Activity	Steps/Minute (x Your Time)
Ping Pong	90
Racquetball (Casual)	206
Racquetball (Competitive)	297
Roller Skate	214
Roller Blade	316
Rowing (Leisurely)	93
Rowing (Moderate/Heavy)	217
Run (12 minute mile)	209
Run (10 minute mile)	235
Run (7.5 minute mile)	331
Run (6 minute mile)	424
Scrub Floors	135
Scuba Dive	190
Shovel Snow (Moderate)	133
Shovel Snow (Heavy)	213
Skateboard	172
Ski (Moderately)	176
Ski (Cross Country)	278
Snowboard (Light)	150
Snowboard (Heavy)	210
Snowshoe	220
Soccer (Casual)	207
Soccer (Competitive)	293
Spinning	240
Squat	205
Stair Climb (at 26 stairs/min)	133
Stair Climb (at 52 stairs/min)	180
Stair Climb (at 78 stairs/min)	267
Stair Climb (at 95 stairs/min)	309
Stair Climb (Machine)	260
Stair Climb (Downstairs)	103
Stair Climb (Slow)	90
Stair Climb (Upstairs)	275
Stair Climb (Moderate)	180

Activity	Steps/Minute (x Your Time)
Stair Climb (Vigorous)	267
Stretching	6
Swim (25 yards/min)	120
Swim (50 yards/min)	225
Swim (75 yards/min)	290
Swim (Backstroke)	172
Swim (Breaststroke)	249
Swim (Butterfly)	378
Swim (Crawl Stroke)	124
Swim (Laps/Freestyle)	218
Swim (Side Stroke)	275
Tae Kwon Do	290
Tai Chi	8
Tennis (Doubles)	160
Tennis (Singles)	338
Vacuuming	104
Volleyball (Recreational)	70
Volleyball (Game)	142
Walking (2.0 mph)	76
Walking (3.0 mph)	100
Walking (4.0 mph)	153
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 Lifts (Legs)	96
Weight Lift (Abdominal)	64
Weight Lift (Arms)	42
Wrestling	207
Yard Work (Rake Leaves)	135
Yoga	86

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