

Activity Conversion Chart



Use this chart if you are manually tracking your activity. Manually tracking activity is allowed only if your activity wasn't already tracked through a device or app. You can also add activities tracked on devices or apps that aren't supported by the WellRight portal or app.

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)	Activity	Steps/Minute (x Your Time)
Ping Pong	90	Stair Climb (Vigorous)	267
Racquetball (Casual)	206	Stretching	6
Racquetball (Competitive)	297	Swim (25 yards/min)	120
Roller Skate	214	Swim (50 yards/min)	225
Roller Blade	316	Swim (75 yards/min)	290
Rowing (Leisurely)	93	Swim (Backstroke)	172
Rowing (Moderate/Heavy)	217	Swim (Breaststroke)	249
Run (12 minute mile)	209	Swim (Butterfly)	378
Run (10 minute mile)	235	Swim (Crawl Stroke)	124
Run (7.5 minute mile)	331	Swim (Laps/Freestyle)	218
Run (6 minute mile)	424	Swim (Side Stroke)	275
Scrub Floors	135	Tae Kwon Do	290
Scuba Dive	190	Tai Chi	8
Shovel Snow (Moderate)	133	Tennis (Doubles)	160
Shovel Snow (Heavy)	213	Tennis (Singles)	338
Skateboard	172	Vacuuming	104
Ski (Moderately)	176	Volleyball (Recreational)	70
Ski (Cross Country)	278	Volleyball (Game)	142
Snowboard (Light)	150	Walking (2.0 mph)	76
Snowboard (Heavy)	210	Walking (3.0 mph)	100
Snowshoe	220	Walking (4.0 mph)	153
Soccer (Casual)	207	Washing/Waxing Car	117
Soccer (Competitive)	293	Water Aerobics	123
Spinning	240	Water Ski	187
Squat	205	Weight Lift (Moderate)	105
Stair Climb (at 26 stairs/min)	133	Weight Lift (Strenuous)	206
Stair Climb (at 52 stairs/min)	180	Weight Lift (Back)	80
Stair Climb (at 78 stairs/min)	267	Weight Lift (Shoulders)	69
Stair Climb (at 95 stairs/min)	309	Weight Lifts (Legs)	96
Stair Climb (Machine)	260	Weight Lift (Abdominal)	64
Stair Climb (Downstairs)	103	Weight Lift (Arms)	42
Stair Climb (Slow)	90	Wrestling	207
Stair Climb (Upstairs)	275	Yard Work (Rake Leaves)	135
Stair Climb (Moderate)	180	Yoga	86

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