

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 |

Activity Conversion Chart

| 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 |
| Walking Leisurely | 100 |
| Walking Briskly | 150 |
| 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 |