



Activity to Steps Conversion Chart

Activity	Steps per Minute	
	Female	Male
Aerobic dancing (low-impact)	142	127
Aerobics (high-impact)	189	181
Aerobics, step (10 – 12 step)	260	254
Aerobics, step (6 – 8 inch step)	236	218
Backpacking, on hill (with 10 – 20lb load)	212	199
Backpacking, on hill (with under 10 lb load)	189	181
Badminton	136	
Ballet dancing	118	127
Baseball	142	127
Basketball (game)	212	145
Basketball (leisurely, non-game)	165	163
Basketball (playing in a wheelchair)	165	163
Bicycling	212	199
Bicycling (BMX or mountain)	236	218
Bicycling, stationary (general)	189	181
Bicycling, stationary (light)	142	145
Bicycling, stationary (moderate)	189	181
Bicycling, stationary (vigorous)	283	254
Billiards/pool	76	
Bowling	71	73
Calisthenics (light to moderate)	106	
Calisthenics (vigorous)	242	
Canoeing	94	91
Canoeing	106	
Children's playground games	136	
Chopping wood	165	145
Circuit training (general)	212	199

Activity	Steps per Minute	
	Female	Male
Climbing, rock or mountain	273	
Cooking	61	
Croquet	76	
Dancing, ballroom (fast)	118	109
Dancing, ballroom (slow)	71	73
Dancing, country	118	109
Dancing, disco	118	109
Dancing, line	118	109
Dancing, square	118	109
Dancing, swing	118	109
Elliptical jogger (medium)	236	218
Fencing	182	
Fishing	91	
Football (tackle)	236	218
Football (touch or flag)	212	199
Frisbee	91	
Gardening (heavy)	142	145
Gardening (moderate)	118	109
Golf (general)	118	109
Golf (riding in cart)	94	91
Gymnastics	121	
Handball	364	
Hiking	182	
Hiking, orienteering	273	
Hockey, field and ice	242	
Home/auto repair and shop tasks	91	
Horseback riding	121	
Horseshoes	71	73

Activity	Steps per Minute	
	Female	Male
Hunting	152	
Ice skating (leisurely)	189	181
In-line skating	200	190
Jazzercise	182	
Jogging (general)	189	181
Jogging (in water)	212	199
Jogging on mini trampoline	136	
Judo & Karate	260	254
Jumping rope (fast)	330	290
Jumping rope (moderate)	260	254
Jumping rope (slow)	212	199
Kayaking	152	
Kickball	212	
Lacrosse	242	
Lawn bowling, shuffleboard	91	
Miniature golf	91	
Mowing	142	147
Pilates	94	91
Punching bag	182	
Race-walking	197	
Racquetball (casual)	189	181
Racquetball (competitive)	260	254
Raking lawn and leaves	121	
Rowing	189	181
Rowing machine	212	
Rowing machine, vigorous	258	
Rugby	258	

Activity	Steps per Minute	
	Female	Male
Running, 5 mph (12 minute miles)	242	
Running, 6 mph (10 minute miles)	278	
Running, 7 mph (8.5 minute miles)	311	
Running, 8 mph (7.5 min/mile)	374	342
Running, 10 mph (6 min/mile)	425	399
Sailing, boat and board, windsurfing	91	
Scrubbing floors	94	91
Scuba diving	212	
Shopping	70	
Shoveling snow	165	145
Skateboarding	152	
Ski machine	212	
Skiing, cross-country	212	181
Skiing, downhill (moderate to steep)	165	145
Sledding	212	
Snorkeling	152	
Snowmobiling	106	
Snowshoeing	212	181
Soccer (casual)	189	181
Soccer (competitive)	260	145
Softball	152	
Squash	364	
Stair climber machine	236	218
Stair climbing, down stairs	212	199
Surfing	91	
Swimming leisurely	182	
Swimming, backstroke	189	187

Activity	Steps per Minute	
	Female	Male
Swimming, butterfly	283	272
Swimming, freestyle	189	181
Swimming, sidestroke	212	199
Table tennis	121	
Tae Bo (moderate)	330	290
Tennis (singles)	212	199
Vacuuming	94	73
Volleyball	118	91
Walking, slow (under 2 mph)	61	
Walking, slow (2 mph)	76	
Walking (3 mph)	100	
Walking (3.5 mph)	115	
Walking (4 mph)	152	
Washing a Car	71	73
Water aerobics	121	
Water polo	303	
Waterskiing	165	145
Waxing a Car	118	109
Weight Lifting	71	73
Weight lifting, moderate effort	121	
Weight lifting, vigorous effort	182	
Wrestling	165	145
Yoga	71	54