

Convert Activities to Steps

Multiply the number of minutes of the activity by the number of equivalent steps per minute.

For example, if you bicycled at a leisurely pace for 30 minutes,

multiply 116 X 30 to come up with 3,480 steps.

Activity	Steps per Minute
Aerobic Dance Class	127
Aerobic Fitness Class	181
Aerobics, low impact	125
Aerobics, step	153
Auto Repair (light to moderate)	71–91
Backpacking	195
Badminton (casual to competitive)	131–203
Ballet	120
Baseball	111
Basketball (shooting baskets)	174
Basketball Game	242
Basketball (playing by wheelchair)	164
Bicycling, leisurely	116
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Bowling	87
Boxing, non-competitive	131
Boxing, competitive	222
Calisthenics	106
Canoe (light to moderate)	87–106
Circuit Training	232
Climbing (rock/mountain)	270
Croquet	76
Cross-Country Skiing	232
Curling (sweeping)	125
Dancing (light to lively)	109–131

Activity	Steps per Minute
Downhill Skiing	174
Elliptical Trainer	203
Fencing	182
Firewood Carrying/Stacking	145
Fishing	91
Football	199–260
Frisbee	91
Gardening (light to heavy)	116–174
Golfing (no cart, 18 holes)	131
Grocery Shopping	67
Handball	348
Hanging Laundry on Line	72
Hiking (general)	172
Hockey (field, ice)	260
Horseback Riding	116
Horseshoes	71
House cleaning	101
Ice Skating (slow)	84
Ice Skating (moderate)	122
Ice Skating (fast)	203
Judo/Karate	236
Jumping Rope (moderate)	250
Jumping Rope (fast)	300
Kayaking	152
Kickboxing	290
Lacrosse	242
Miniature Golf	91
Mopping	60
Mowing Lawn (push) —small to large lot	160–242

Activity	Steps per Minute
Orienteering	260
Painting a wall or room	78–131
Pilates	101
Ping Pong	116
Pool/Billiards	76
Punching Bag	180
Racquetball (casual)	181
Racquetball (competitive)	254
Raking Leaves	125
Rock Climbing	244
Roller-skating/Rollerblading	203
Rowing (light)	101
Rowing (moderate)	147
Rowing (competitive)	203
Running (5mph, 12 minute/mile)	232
Running (6mph, 10 minute/mile)	290
Running (8mph, 7.5 minute/mile)	391
Running (10mph, 6 minute/mile)	463
Sailing	91
Scrub Floors	71
Scuba Diving	203
Shopping (mall)	71
Skateboarding	152
Skeeball	52
Skiing (light to moderate)	109
Skiing (cross-country)	114
Sledding	158
Snow Shoveling	174
Snowboarding	182
Snowshoeing	181

Activity	Steps per Minute
Soccer (competitive)	200
Soccer (recreational)	145
Softball	145
Spinning	200
Squash	348
Stair Climbing (downstairs)	71
Stair Climbing (upstairs)	181
Stair Climbing (machine)	200
Stretching	15
Surfing	91
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (freestyle)	181
Swimming (leisure)	174
Swimming (treading water)	116
Tae Bo	250
Tae Kwon Do	290
Tai Chi	40
Tennis	232
Trampoline	101
Trim Trees/Shrubs (manually)	116
Vacuuming House	94
Volleyball (light to moderate)	87–121
Walking (slow)	68
Walking (moderate)	122
Walking (fast)	197
Wash car (small to truck)	71–87
Wash Windows (manually)	87
Wash/Dry Dishes by Hand	72
Water Aerobics	116
Water Skiing	174

Activity	Steps per Minute
Waxing Car	80
Weight Lifting (light)	67
Weight Lifting (moderate)	87
Weight Lifting (vigorous)	174
Wheelchair Use (manual)	101

Activity	Steps per Minute
Yard Work (light to moderate)	89–145
Yoga (light to moderate)	45–72
Zumba	148

