

STEP CONVERSION CHART

- Find the activity you completed on the chart below.
(Note: To avoid double counting your steps, be sure to remove your pedometer or activity tracker while participating in the activities listed below.)
- Multiply the number of minutes you participated in the activity by the number of equivalent steps indicated in the chart.
For example:
 - 10 minutes of aerobic dance = 1,970 steps (10 minutes x 197 equivalent steps = 1,970 steps)
 - 15 minutes spent playing baseball = 1,665 steps (15 minutes x 111 equivalent steps = 1,665 steps)
- Add the converted steps to your step count for the day.

Activity	Equivalent Steps/Minute
Aerobics, Dance (e.g., Zumba)	197
Aerobics, Step	273
Aerobics, Water	121
Backpacking	195
Baseball	111
Basketball (Game)	242
Basketball (Shooting Baskets)	136
Bicycling, Casual Pace (under 10 mph)	121
Bicycling, Moderate Pace (13 mph)	242
Bicycling, Vigorous Pace (15 mph)	364
Bowling	91
Canoeing	106
Circuit training	242
Climbing	273
Cricket	111
Dancing	148
Electronic Sports (e.g., Wii, PS3)	91
Elliptical Jogger	227
Football	242
Gardening (General)	121
Golf (Cart)	78
Golf (Walking)	136
Gymnastics	121
Handball	364
Health Club Exercise (General)	167
Hiking	182

Activity	Equivalent Steps/Minute
Hockey (Field or Ice)	242
Horseback Riding	121
House or Garage Cleaning	91
Hunting	152
Ice Skating	212
Jazzercise	182
Jogging	212
Jumping Rope, Casual Pace	178
Jumping Rope, Vigorous Pace	303
Lawn Mowing (Push Mower)	242
Martial Arts	303
Miniature Golf	91
Pilates	76
Punching Bag	182
Raking Leaves	121
Racquetball	212
Roller Skating or Inline Skating	364
Rugby	303
Running 8 mph (7.5-minute mile)	409
Running 7 mph (8.5-minute mile)	348
Running 6 mph (10-minute mile)	303
Running 5 mph (12-minute mile)	242
Skateboarding	152
Skiing, Cross Country	242
Skiing, Downhill	182
Soccer	212

Activity	Equivalent Steps/Minute
Softball	152
Stair Climbing, Casual Pace	90
Stair Climbing, Vigorous Pace	273
Swimming, Casual Pace	182
Swimming, Vigorous Pace	303
Table Tennis	121
Tai Chi	121
Tennis	212
Tossing a disc (such as a Frisbee)	91
Vacuuming	94
Volleyball	121
Walking, Casual Pace (3 mph)	100
Walking, Moderate Pace (4 mph)	152
Walking, Vigorous Pace (5 mph)	242
Washing the Car	87
Waterskiing	182
Weightlifting, Moderate Effort	121
Weightlifting, Vigorous Effort	182
Wheelchair Use (Manual)	101
Wrestling	182
Yard Work	111
Yoga	76

*Medically reviewed by Asset Health's medical board.

