

STEP CONVERSION CHART

ACTIVITY	STEPS/MIN.	ACTIVITY	STEPS/MIN.
Backpacking, uphill, with 21-42 pound load	242	Group fitness class—high impact	212
Badminton	136	Group fitness class—step, with 6-8 inch step	258
Basketball—shooting baskets	136	Group fitness class—water	121
Basketball game	242	Handball	364
Bicycling—light (10-11.9 mph)	182	Hiking, uphill, 0-9 pound load	212
Bicycling—moderate (12-13.9 mph)	242	Hockey—field and ice	242
Bicycling—vigorous (14-15.9 mph)	303	Horesback riding, general	121
Bicycling—stationary, moderate (150 watts)	212	Housework	91
Bowling	91	Hunting	152
Canoeing	106	Ice skating	212
Circuit training	242	Inline skating	364
Climbing—rock or mountain	273	Jump rope	303
Cross-country skiing—light	227	Kayaking	152
Cross-country skiing—moderate	242	Kickball	212
Cross-country skiing—vigorous	273	Lacrosse	242
Dancing, ballroom—fast	167	Lawn bowling, shuffleboard	91
Dancing, ballroom—slow	91	Martial Arts	303
Downhill skiing—light	152	Ping Pong	121
Downhill skiing—moderate	182	Punching Bag	182
Downhill skiing—vigorous	242	Racewalking	197
Fencing	182	Raking lawn and leaves	121
Fishing	91	Racquetball	212
Football	242	Roller skating	212
Frisbee®	91	Rowing machine—moderate	212
Gardening—general	121	Rowing machine—vigorous	258
Golf—walking and carrying clubs	136	Rugby	303
Golf—with power cart	106	Running—5 mph (12-minute miles)	242
Group fitness class—low impact	152	Running—6 mph (10-minute miles)	303

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ACTIVITY	STEPS/MIN.
Running—7 mph (8.5 –minute miles)	349
Sailing, windsurfing	91
Scuba diving	212
Shopping	70
Skateboarding	152
Sledding	212
Snorkeling	152
Soccer	212
Softball	152
Square dancing	136
Squash	364
Stair climbing	273
Stretching	76
Surfing	91
Swimming laps—moderate	212
Swimming laps—vigorous	303
Swimming leisurely	182
Tai Chi	121
Tennis—doubles	182
Tennis—singles	242
Volleyball—leisurely	91
Volleyball—competitive	242
Walking 3 mph	100
Walking < 2.0 mph	61
Walking 2.0 mph	76
Walking 3.5 mph	115
Walking 4.0 mph	152
Walking 5.0 mph	242

ACTIVITY	STEPS/MIN.
Water jogging	242
Water polo	303
Waterskiing	182
Weight lifting—moderate effort	121
Weight lifting—vigorous effort	182
Wrestling	182
Yoga	76