

ACTIVITY CONVERSION CHART



Use this info if you're counting steps and want to convert activities that are not easily measured by the pedometer.

PLEASE NOTE: Activity Conversions are estimates; your actual steps may vary

[Bicycling](#) | [Dancing](#) | [Gym Activities](#) | [Household Activities](#) | [Lawn and Garden](#) | [Miscellaneous](#) | [Outdoor Activities](#) | [Running](#) | [Sports & Games](#) | [Walking](#) | [Water](#) | [Winter](#)

Number of Steps per Minute

Activity	Steps/Min (Avg)
 Bicycling 	
Bicycling (leisurely, 10-11.9 mph)	100
Bicycling (moderate, 12-13.9 mph)	200
Bicycling (vigorous, 14-15.9 mph)	250
 Top 	
 Dancing 	
Aerobic dancing, low impact	118
Aerobic dancing, strenuously	140
Dancing, choreographed	158
Dancing, socially	93
Line Dancing	139
 Top 	
 Gym Activities 	
Aerobics (high impact)	182
Aerobics (low impact)	125
Aerobics (moderate)	154
Basketball, game	230
Basketball, playing recreational	138
Boxing, in a ring competitively	213
Boxing, non-competitive	131
Circuit Training	178
Elliptical trainer	203
Gymnastics	89
Handball, recreational	142

Judo	187
Jumping Rope, moderate/fast	244
Jumping Rope, slow	178
Karate	290
Kickboxing	290
Pilates	101
Racquetball	138
Racquetball, playing competitively	198
Rowing, light	111
Rowing, moderate	179
Rowing, vigorous effort	203
Softball	145
Stair climbing, moderate	180
Stair climbing, slow	90
Stair climbing, vigorous	267
Stretching	6
Swimming, leisure	133
Swimming, moderate effort	174
Swimming, treading water	49
Swimming, vigorous effort	222
Tae Kwon Do	290
Tai Chi	8
Water Aerobics	100
Weight lifting, light	66
Weight lifting, moderate	87
Weight lifting, vigorous	133
Yoga	100

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| Household Activities |

Grocery Shopping	67
Housework, light	72
Housework, mopping floors	51
Housework, vacuuming	101
Housework, washing windows	87
Painting/papering	78
Washing the car	87

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| Lawn and Garden |

Firewood, chopping	133
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Firewood, sawing	113
Firewood, stacking	89
Gardening, heavy	174
Gardening, light	73
Gardening, moderate	116
Hoeing in a garden	96
Mowing	160
Raking leaves	125
Yard Work, general	145

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| **Miscellaneous** |

Badminton	98
Billiards	77
Bowling	87
Fishing, from boat, sitting	56
Fishing, from river bank and walking	111
Frisbee, general playing	67
Grocery Shopping	67
Horseback riding, trotting	102
Horseback riding, walking leisurely	31
In-line skating, moderately	125
Jumping Rope, moderate/fast	244
Jumping Rope, slow	178
Mowing	160
Orienteering	151
Painting/papering	78
Pilates	101
Raking leaves	125
Rollerblading, moderately	125
Shoveling snow, heavy	278
Shoveling snow, light	133
Shoveling snow, moderate	174
Tae Kwon Do	290
Tai Chi	8
Washing the car	87
Yoga	100

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| **Outdoor Activities** |

Badminton	100
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Baseball	111
Basketball, game	230
Basketball, playing recreational	138
Bicycling (leisurely, 10-11.9 mph)	100
Bicycling (moderate, 12-13.9 mph)	200
Bicycling (vigorous, 14-15.9 mph)	250
Canoeing, leisurely	100
Firewood, chopping	133
Firewood, sawing	113
Firewood, stacking	89
Fishing, from boat, sitting	56
Fishing, from river bank and walking	111
Frisbee, general playing	67
Gardening, heavy	174
Gardening, light	73
Gardening, moderate	116
Golfing, with a cart	78
Golfing, without a cart	122
Hiking, 10-20 lb. load	217
Hiking, 21-42 lb. load	232
Hiking, general	172
Horseback riding, trotting	102
Horseback riding, walking leisurely	31
In-line skating, moderately	125
Mowing	160
Orienteering	151
Rollerblading, moderately	125
Running a 6 minute mile	247
Running a 7 minute mile	222
Running a 8 minute mile	200
Running a 9 minute mile	184
Running, jogging	156
Shoveling snow, heavy	278
Shoveling snow, light	133
Shoveling snow, moderate	174
Skiing, cross-country moderately	164
Skiing, cross-country rapidly	256
Skiing, cross-country slowly	114
Skiing, downhill moderate	178
Skiing, downhill rapidly	244
Skiing, downhill slowly	109

Snowboarding, light	150
Snowboarding, moderate	182
Snowshoeing	178
Soccer, playing competitively	218
Soccer, recreational	144
Softball	145
Tennis, doubles	102
Tennis, singles	178
Volleyball, game	232
Volleyball, leisure	87
Walking at a normal pace	100
Washing the car	87

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| **Running** |

Running a 6 minute mile	247
Running a 7 minute mile	222
Running a 8 minute mile	200
Running a 9 minute mile	184
Running, jogging	156
Walking at a normal pace	100

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| **Sports & Games** |

Badminton	98
Baseball	111
Basketball, game	230
Basketball, playing recreational	138
Billiards	77
Bowling	87
Boxing, in a ring competitively	213
Boxing, non-competitive	131
Cricket	111
Fencing	133
Football	189
Golfing, with a cart	78
Golfing, without a cart	122
Gymnastics	89
Handball, recreational	142
Hockey	178
Ice skating, competitively	162

Ice skating, leisurely	84
Ice skating, moderately	122
Judo	187
Karate	290
Kickboxing	290
Racquetball	138
Racquetball, playing competitively	198
Scuba diving	203
Skiing, cross-country moderately	164
Skiing, cross-country rapidly	256
Skiing, cross-country slowly	114
Skiing, downhill moderate	178
Skiing, downhill rapidly	244
Skiing, downhill slowly	109
Snowboarding, light	150
Snowboarding, moderate	182
Soccer, playing competitively	218
Soccer, recreational	144
Softball	145
Squash	348
Tae Kwon Do	290
Tai Chi	8
Tennis, doubles	102
Tennis, singles	178
Volleyball, game	232
Volleyball, leisure	87
Water Polo	222
Yoga	100

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| Walking |

Golfing, with a cart	78
Golfing, without a cart	122
Grocery Shopping	67
Hiking, 10-20 lb. load	217
Hiking, 21-42 lb. load	232
Hiking, general	172
Orienteering	151
Running, jogging	156
Snowshoeing	178
Stair climbing, moderate	180

Stair climbing, slow	90
Stair climbing, vigorous	267
Walking at a normal pace	100

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| **Water** |

Canoeing, leisurely	100
Rowing, light	111
Rowing, moderate	179
Rowing, vigorous effort	203
Scuba diving	203
Swimming, leisure	133
Swimming, moderate effort	174
Swimming, treading water	49
Swimming, vigorous effort	222
Water Aerobics	100
Water Polo	222
Water Skiing	104

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| **Winter** |

Curling	89
Hockey	178
Ice skating, competitively	162
Ice skating, leisurely	84
Ice skating, moderately	122
Shoveling snow, heavy	278
Shoveling snow, light	133
Shoveling snow, moderate	174
Skiing, cross-country moderately	164
Skiing, cross-country rapidly	256
Skiing, cross-country slowly	114
Skiing, downhill moderate	178
Skiing, downhill rapidly	244
Skiing, downhill slowly	109
Snowboarding, light	150
Snowboarding, moderate	182
Snowshoeing	178