

Convert Other Activities into Steps



Use this conversion chart to determine the equivalent number of steps for activities other than walking. You can also use the chart to calculate your steps while walking if you are temporarily without a pedometer. While participating in other activities, avoid double-counting for the same activity by not wearing your pedometer or tracker.

1. Convert your minutes of physical activity into equivalent steps
 - a. To convert other activities into steps, multiply the number of minutes you participated in the activity by the number indicated in the chart below.
 - b. For example:
 - i. 10 minutes of aerobic dance equal 1,970 steps ($10 \times 197 = 1,970$)
 - ii. 15 minutes spent playing baseball equal 1,665 steps ($15 \times 111 = 1,665$)
2. Add the converted steps to your step count for the day
3. Manually log the combined result on the reporting page

Activity	Equivalent Steps/Min	Activity	Equivalent Steps/Min
Aerobics, Dance (e.g. Zumba)	197	Kickball	212
Aerobics, Step	273	Lacrosse	242
Aerobics, Water	121	Lawn Mowing (Power Mower)	152
Backpacking	195	Lawn Mowing (Push Mower)	242
Baseball	111	Martial Arts	303
Basketball (Game)	242	Pilates	76
Basketball (Shooting Baskets)	136	Racquetball	212
Bicycling, Casual Pace (10 mph)	133	Roller Skating or Rollerblading	115
Bicycling, Moderate Pace (13 mph)	178	Running, 10 Minute Mile	222
Bicycling, Vigorous Pace (15 mph)	222	Running, 12 Minute Mile	178
Bowling	67	Running, 8 Minute Mile	278
Canoeing	106	Soccer	212
Cricket	111	Softball	152
Dancing	148	Stair Climbing, Casual Pace	90
Electronic Sports (e.g. Wii, PS3)	91	Stair Climbing, Vigorous Pace	267
Elliptical Jogger	227	Swimming, Casual Pace	133
Football	242	Swimming, Vigorous Pace	222
Frisbee	91	Table Tennis	121
Gardening (General)	121	Tai Chi	121
Golf (Cart)	78	Tennis	212
Golf (Walking)	122	Vacuuming	94
Gymnastics	121	Volleyball	121
Health Club Exercise (General)	167	Walking, Casual Pace	68
Hiking	182	Walking, Moderate Pace	122
Hockey (Field or Ice)	242	Walking, Vigorous Pace	197
House or Garage Cleaning	91	Washing the Car	87
Jazzercise	182	Weight Lifting, Moderate Effort	67
Jogging	212	Weight Lifting, Vigorous Effort	133
Jumping Rope, Casual Pace	178	Wheelchair Use (Manual)	101
Jumping Rope, Vigorous Pace	244	Yard Work	111
Kayaking	152	Yoga	76