



Step Conversion Chart

Your pedometer works whenever you are taking steps. For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps.

Simply multiply the number of times you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping equals 2550 steps. (30 minutes x 85).

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

Physical Activity	Steps per minute	Physical Activity	Steps per minute
Aerobics, high intensity	190	Running, 10 mph (6 min/mile)	350
Aerobics, low intensity	115	Running 5 mph (12 min/mile)	185
Aerobics, step	145	Running, 6 mph (10 min/mile)	230
Badminton, game	150	Running, 8 mph (7.5 min/mile)	305
Badminton, recreational	98	Scuba diving	190
Basketball, game	220	Shopping for groceries	60
Basketball, recreational	130	Skiing, cross country, intense	330
Bowling	55	Skiing, cross country, moderate	220
Boxing, competitive, in a ring	213	Skiing, cross country, slowly	110
Boxing, non-competitive	131	Skiing, downhill, slowly	130
Canoeing, leisurely (2.5 mph)	70	Skiing, water	160
Cycling, 10 mph	93	Skipping rope, fast	285
Cycling, 15 mph	160	Skipping rope, moderate	167
Cycling, 20 mph	200	Snowshoeing	156
Cycling, 5 mph	55	Snow shoveling	195
Dancing, fast	175	Snow shoveling, heavy	278
Dancing, slow	55	Soccer, competitive	195
Dancing, socially (rock, disco, etc)	100	Soccer, recreational	144
Elliptical trainer, fast	270	Squash	205
Elliptical trainer, medium	200	Stair climbing machine	160
Firewood, carrying	176	Stair climbing at 26 stairs/min	89
Firewood, chopping	300	Stair climbing at 39 stairs/min	133
Firewood, sawing with handsaw	113	Stair climbing at 52 stairs/min	180
Firewood, stacking	89	Stair climbing at 78 stairs/min	267
Gardening, heavy	155	Stair climbing at 91 stairs/min	309
Gardening, hoeing, moderate	93	Stair climbing at 100 stairs/min	311
Gardening, weeding, (seated/kneeling)	73	Swimming, 25 yards/min	120
Golfing, walking, no cart	100	Swimming, 50 yards/min	225
Golfing, with a cart	70	Swimming, 75 yards/min	290
Handball, competitive	230	Swimming, back stroke at 1 mph	111
Handball, recreational	142	Swimming, back stroke at 2 mph	196
Hiking	155	Swimming, breast stroke at 1 mph	89
Hiking, 10 lb load	180	Swimming, breast stroke at 2 mph	178
Hiking, 30 lb load	235	Swimming, crawl stroke at 1 mph	91
Horseback riding, leisurely	31	Swimming, crawl stroke at 2 mph	156
Horseback riding, trotting	102	Swimming, treading water	98
Housework, general, vacuuming	90	Tai Chi	8
Housework, mopping floors	85	Tennis, doubles	110
Housework, scrubbing the floor	140	Tennis, singles	160