

Convert Activities to Steps

Multiply the number of minutes of the activity by the number of equivalent steps per minute.

For example, if you bicycled at a leisurely pace for 30 minutes,
multiply 116 X 30 to come up with 3,480 steps.

Activity Steps per Minute

Aerobic Dance Class	127
Aerobic Fitness Class	181
Aerobics, low impact	125
Aerobics, step	153
Auto Repair (light to moderate)	71–91
Backpacking	195
Badminton (casual to competitive)	131–203
Ballet	120
Baseball	111
Basketball (shooting baskets)	174
Basketball Game	242
Basketball (playing by wheelchair)	164
Bicycling, leisurely	116
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Bowling	87
Boxing, non-competitive	131
Boxing, competitive	222
Calisthenics	106
Canoe (light to moderate)	87–106
Circuit Training	232
Climbing (rock/mountain)	270
Croquet	76
Cross-Country Skiing	232
Curling (sweeping)	125
Dancing (light to lively)	109–131
Downhill Skiing	174
Elliptical Trainer	203
Fencing	182
Firewood Carrying/Stacking	145
Fishing	91
Football	199–260
Frisbee	91

Activity Steps per Minute

Gardening (light to heavy)	116–174
Golfing (no cart, 18 holes)	131
Grocery Shopping	67
Handball	348
Hanging Laundry on Line	72
Hiking (general)	172
Hockey (field, ice)	260
Horseback Riding	116
Horseshoes	71
House cleaning	101
Ice Skating (slow)	84
Ice Skating (moderate)	122
Ice Skating (fast)	203
Judo/Karate	236
Jumping Rope (moderate)	250
Jumping Rope (fast)	300
Kayaking	152
Kickboxing	290
Lacrosse	242
Miniature Golf	91
Mopping	60
Mowing Lawn (push) —small to large lot	160–242
Orienteering	260
Painting a wall or room	78–131
Pickleball (Recreational)	150
Pickleball (Competitive)	175
Pilates	101
Ping Pong	116
Pool/Billiards	76
Punching Bag	180
Racquetball (casual)	181
Racquetball (competitive)	254
Raking Leaves	125
Rock Climbing	244
Roller-skating/Rollerblading	203
Rowing (light)	101

Rowing (moderate)	147	Waxing Car	80
Rowing (competitive)	203	Weight Lifting (light)	67
Sailing	91	Weight Lifting (moderate)	87
Scrub Floors	71	Weight Lifting (vigorous)	174
Scuba Diving	203	Wheelchair Use (manual)	101
Shopping (mall)	71	Yard Work (light to moderate)	89–145
Skateboarding	152	Yoga (light to moderate)	45–72
Skeeball	52	Zumba	148
Skiing (light to moderate)	109		
Skiing (cross-country)	114		
Sledding	158		
Snow Shoveling	174		
Snowboarding	182		
Snowshoeing	181		
Soccer (competitive)	200		
Soccer (recreational)	145		
Softball	145		
Spinning	200		
Squash	348		
Stretching	15		
Surfing	91		
Swimming (backstroke)	181		
Swimming (butterfly)	272		
Swimming (freestyle)	181		
Swimming (leisure)	174		
Swimming (treading water)	116		
Tae Bo	250		
Tae Kwon Do	290		
Tai Chi	40		
Tennis	232		
Trampoline	101		
Trim Trees/Shrubs (manually)	116		
Vacuuming House	94		
Volleyball (light to moderate)	87–121		
Walking (slow)	68		
Walking (moderate)	122		
Walking (fast)	197		
Wash car (small to truck)	71–87		
Wash Windows (manually)	87		
Wash/Dry Dishes by Hand	72		
Water Aerobics	116		
Water Skiing	174		