

How to Use the Activity Conversion Chart

- If your activity is not listed, find the one(s) most similar to it.
 - Use the step conversion chart to calculate your steps during a “non-walking” activity and add those steps to the total number on your pedometer at the end of the day.
 - Multiply the number of minutes you participated in the activity by the number indicated in the chart.
- Example: If you participated in a basketball game for 20 minutes that would equal 4,600 steps (20 x 230 = 4,600).**



Aerobics, high impact	203	Racquetball, competitive	290
Aerobics, low impact	145	Rock climbing	244
Aerobics, step	246	Rollerblading	156
Basketball, game	230	Rowing at 3.5 mph	147
Basketball, recreation	174	Running, 7.5 mph (8 min/mile)	278
Bicycling, 10 mph, easy	133	Running, 6 mph (10 min/mile)	222
Bicycling, 13 mph, moderate	178	Running, 5 mph (12 min/mile)	178
Bicycling, 15 mph, vigorous	222	Sawing wood	113
Bicycling, 5 mph, slow	51	Soccer, recreational	203
Bowling	108	Spin	240
Canoeing	87	Stair climbing, vigorous	360
Curves workout	130	Stair climbing, moderate	334
Dancing	131	Stair climbing, slow	232
Disc golf	145	Swimming, backstroke	203
Elliptical training	203	Swimming, butterfly	319
Gardening	73	Swimming, freestyle	203
Golf	142	Swimming, leisure	174
Hiking, 10-20 lb. load	217	Swimming, treading water	116
Hiking, general	172	Tae Kwon Do	290
Ice skating	84	Tai Chi	116
Judo	290	Tennis	200
Jumping rope, fast	300	Vacuuming	112
Jumping rope, moderate	250	Wash the car	87
Karate	290	Water aerobics, vigorous	216
Kickboxing	290	Water aerobics, moderate	100
Mowing lawn	160	Wax the car	131
Painting	78	Weightlifting, light/moderate	67
Pilates	99	Yardwork	101
Racquetball, casual	203	Yoga	119