

Step Conversions

The activities below are estimates. If you perform activities not listed here, check the list for the activity that most closely matches what you did to estimate your steps.

| Activity | Steps/Minute |
|---|---------------------|
| Aerobic dancing (low impact) | 115 |
| Aerobics (intense) | 190 |
| Aerobic step training, 4" step (beginner) | 145 |
| Backpacking (no load) | 155 |
| Backpacking with 10 pound load | 180 |
| Backpacking with 30 pound load | 235 |
| Badminton (game) | 150 |
| Basketball (game) | 220 |
| Basketball (leisurely, non-game) | 130 |
| Bicycling, 15 mph (5 minutes/mile) | 200 |
| Bicycling, 10 mph (6 minutes/mile) | 100 |
| Bicycling, 5 mph (6 minutes/mile) | 50 |
| Bowling | 30 |
| Canoeing, 2.5 mph | 75 |
| Cross-country snow skiing (leisurely) | 155 |
| Cross-country snow skiing (moderate) | 220 |
| Cross-country snow skiing (intense) | 330 |
| Cycling, 15 mph (5 minutes/mile) | 200 |
| Cycling, 5 mph | 55 |
| Dancing (fast) | 175 |
| Dancing (non-contact) | 100 |
| Dancing (slow) | 55 |
| Elliptical jogger (fast) | 270 |
| Elliptical jogger (medium) | 200 |
| Gardening (moderate) | 95 |
| Golfing (with a cart) | 60 |
| Handball | 230 |
| Housework | 75 |
| Ice skating (competitive) | 170 |
| Ice skating (leisurely) | 95 |
| Judo (competitive) | 170 |
| Mopping | 85 |

| Activity | Steps/Minute |
|----------------------------------|---------------------|
| Mowing (walk behind) | 135 |
| Painting (room) | 80 |
| Ping Pong | 90 |
| Racquetball | 205 |
| Roller skating (moderate) | 150 |
| Rowing (leisurely) | 75 |
| Rowing (moderate) | 150 |
| Running 8 mph (7.5 minutes/mile) | 275 |
| Running 10 mph (6 minutes/mile) | 325 |
| Skipping rope | 285 |
| Snow shoveling | 195 |
| Snow skiing, downhill | 130 |
| Soccer (competitive) | 210 |
| Squash | 205 |
| Stair climber machine | 160 |
| Stair climbing | 140 |
| Swimming (25 yds/minute) | 120 |
| Swimming (50 yards/minute) | 225 |
| Swimming (75 yards/min) | 290 |
| Tennis (doubles) | 110 |
| Tennis (singles) | 160 |
| Vacuuming | 75 |
| Volleyball (game) | 120 |
| Volleyball (leisurely) | 70 |
| Washing the car | 75 |
| Water Skiing | 160 |
| Waxing the car | 100 |
| Weight training (vigorous) | 180 |
| Weight training (moderate) | 120 |