

Step Conversion Chart

Multiply the number listed by total minutes.

Note: Steps/minutes are *estimates*, not actual steps. Actual steps/minute depend on the specific activity, leg and stride length as well as fitness level. For nonstep activities, step equivalents are determined by the metabolic cost (higher intensity = more steps/minute).

ACTIVITY	STEPS/MIN.
Arm ergometer	75
Backpacking, uphill, 21-42 lb load	221
Badminton	146
Baseball	133
Basketball, shooting baskets	120
Basketball, game	213
Bicycling/Cycling, light (10-11.9 mph)	181
Bicycling/Cycling, moderate (12-13.9 mph)	213
Bicycling/Cycling, vigorous (14-15.9 mph)	266
Bicycling/Cycling, stationary, mod-vig (90-100 watts)	181
Bowling	101
Boxing, sparring	207
Boxing, punching bag	146
Canoeing, moderate (4.0-5.9 mph)	154
Circuit training	213
Climbing, rock or mountain	213
Cross-country skiing, light	181
Cross-country skiing, moderate	239
Cross-country skiing, vigorous	333
Dancing, ballroom, slow	80
Dancing, ballroom, fast	146
Dancing, square	144
Downhill skiing, light	114
Downhill skiing, moderate	141

ACTIVITY	STEPS/MIN.
Downhill skiing, vigorous	213
Elliptical	133
Fencing	160
Football, touch/flag	213
Frisbee®	80
Gardening, general, moderate effort	101
Golf, walking, carrying clubs	114
Golf, with power cart	93
Group fitness class, low impact	133
Group fitness class, high impact	194
Group fitness class, boot camp	133
Group fitness class, step, with 6-8 inch step	200
Group fitness class, water	141
Group fitness class, Zumba®	184
Handball	319
Hiking, uphill, 0-9 lb load	173
Hockey, field and ice	213
Horseback riding	146
Jumping rope	314
Kayaking	133
Kettlebell workout	261
Kickball	194
Lacrosse	213
Martial arts, moderate pace	274
Pilates	80

Step Conversion Chart continued

ACTIVITY	STEPS/MIN.
Ping pong	141
Racewalking	173
Racquetball	186
Rowing, outdoors, moderate (4.0-5.9 mph)	154
Rowing machine, moderate	186
Rowing machine, vigorous	226
Rugby	221
Running, 5 mph (12-minute mile)	213
Running, 6 mph (10-minute mile)	261
Running, 7 mph (8.5-minute mile)	293
Running, 8 mph (7.5-minute mile)	314
Running, 9 mph (6.5-minute mile)	340
Sailing	80
Scuba diving	186
Skateboarding	133
Skating, ice	186
Skating, inline	200
Skating, roller	186
Sledding	186
Snorkeling	133
Snowboarding, moderate effort	141
Soccer	186
Softball	133
Squash	194
Stair climbing, moderate pace	170

ACTIVITY	STEPS/MIN.
Stairclimbing machine, moderate pace	239
Strength training, moderate effort	93
Strength training, vigorous effect	160
Stretching	61
Surfing	80
Swimming laps, light-moderate	154
Swimming laps, vigorous	261
Tai chi	80
Tennis, doubles	120
Tennis, singles	213
Volleyball, leisurely	80
Volleyball, competitive	160
Walking, 2.0 mph	74
Walking, 3.0 mph	93
Walking, 3.5 mph	114
Walking, 4.0 mph	133
Water jogging	261
Water polo	266
Water skiing	160
Wheelchair pushing, (your own), flat, firm surface, 2-3 mph	101
Wrestling	160
Yard work, vigorous (raking leaves, push mower)	160
Yoga, Hatha	67
Yoga, Power	106