



Use this info if you're counting steps and want to convert activities that are not easily measured by the pedometer. PLEASE NOTE: Activity conversions are estimates; your actual steps may vary.

Activity	Steps/Min (Avg)	Activity	Steps/Min (Avg)
BICYCLING		Handball, recreational	142
Bicycling (leisurely, 10-11.9 mph)	100	Judo	187
Bicycling (moderate, 12-13.9 mph)	200	Jumping Rope, moderate/fast	244
Bicycling (vigorous, 14-15.9 mph)	250	Jumping Rope, slow	178
BREASTFEEDING	250	Karate	290
DANCING		Kickboxing	290
Aerobic dancing, low impact	118	Pilates	101
Aerobic dancing, strenuously	140	Racquetball	138
Dancing, choreographed	158	Racquetball, playing competitively	198
Dancing, socially	93	Rowing, light	111
Line Dancing	139	GYM ACTIVITIES (Cont)	
GYM ACTIVITIES		Rowing, moderate	179
Aerobics (high impact)	182	Rowing, vigorous effort	203
Aerobics (low impact)	125	Softball	145
Aerobics (moderate)	154	Stair Climbing, moderate	180
Basketball, game	230	Stair Climbing, slow	90
Basketball, playing recreational	138	Stair Climbing, vigorous	267
Boxing, in a ring competitively	213	Stretching	6
Boxing, non-competitive	131	Swimming, leisure	133
Circuit Training	178	Swimming, moderate effort	174
Elliptical trainer	203	Swimming, treading water	49
Gymnastics	89	Swimming, vigorous effort	222
		Tae Kwon Do	290
		Tai Chi	8

Water Aerobics	100
Weight Lifting, light	66
Weight Lifting, moderate	87
Weight Lifting, vigorous	133
Yoga	100

HOUSEHOLD ACTIVITIES

Grocery Shopping	67
Housework, light	72
Housework, mopping floors	51
Housework, vacuuming	101
Housework, washing windows	87
Painting/Papering	78
Washing the Car	87

LAWN AND GARDEN

Firewood, chopping	133
Firewood, sawing	113
Firewood, stacking	89
Gardening, heavy	174
Gardening, light	73
Gardening, moderate	116
Hoeing in a garden	96
Mowing	180
Raking Leaves	125
Yard Work, general	145

MISCELLANEOUS

Frisbee, general playing	67
Grocery Shopping	67
Horseback Riding, trotting	102
Horseback Riding, walking leisurely	31
In-line Skating, moderately	125
Washing the Car	87

OUTDOOR ACTIVITIES

Badminton	100
Baseball	111
Basketball, game	230
Basketball, playing recreational	138
Canoeing, leisurely	100
Fishing, from boat, sitting	56
Fishing, from river bank and walking	111
Frisbee, general playing	67
Golfing, with a cart	78
Golfing, without a cart	122
Hiking, 10-20 lb. load	217
Hiking, 21-42 lb. load	232
Hiking, general	172
In-line Skating, moderately	125
Rollerblading, moderately	125
Soccer, playing competitively	218
Soccer, recreational	144
Softball	145
Tennis, doubles	102
Tennis, singles	178

Volleyball, game	232
Volleyball, leisure	87

RUNNING

Running a 6 minute mile	247
Running a 7 minute mile	222
Running a 8 minute mile	200
Running a 9 minute mile	184
Running, jogging	156
Walking at a normal pace	100

SPORTS & GAMES

Badminton	98
Baseball	111
Basketball, game	230
Basketball, playing recreational	138
Billiards	77
Bowling	87
Boxing, in a ring competitively	213
Boxing, non-competitive	131
Cricket	111
Fencing	133
Football	189
Golfing, with a cart	78
Golfing, without a cart	122
Gymnastics	89
Handball, recreational	142
Hockey	178
Ice Skating, competitively	162
Ice Skating, leisurely	84
Ice Skating, moderately	122
Judo	187
Karate	290
Kickboxing	290
Racquetball	138
Racquetball, playing competitively	198
Rowing, light	111
Rowing, moderate	179
Rowing, vigorous effort	203
Scuba Diving	203
Soccer, playing competitively	218
Soccer, recreational	144
Softball	145
Squash	348
Tennis, doubles	102
Tennis, singles	178
Volleyball, game	232
Volleyball, leisure	87
Water Polo	222
Yoga	100

WATER

Canoeing, leisurely	100
Rowing, light	111
Rowing, moderate	179
Rowing, vigorous effort	203
Scuba Diving	203

Swimming, leisure	133	Water Aerobics	100
Swimming, moderate effort	174	Water Polo	222
Swimming, treading water	49	Water Skiing	104
Swimming, vigorous effort	222		