

To convert your activities into steps find your activity on the list below and multiply by minutes. This is your step conversion. Enter the total number of steps on your STEP LOG.

Aerobics, high intensity	190	Running, 10 mph (6 min/mile)	350
Aerobics, low intensity	115	Running, 5 mph (12 min mile)	185
Aerobics, step	145	Running, 6 mph (10 min mile)	230
Badminton, game	150	Running, 8 mph (7.5 min/mile)	305
Badminton, recreational	98	Scuba diving	190
Basketball, game	220	Shopping for groceries	60
Basketball, recreational	130	Skiing, cross country, intense	330
Bowling	55	Skiing, cross country, moderate	220
Boxing, competitive, in a ring	213	Skiing, cross country, slowly	110
Boxing, non-competitive	131	Skiing, downhill, slowly	130
Canoeing, leisurely (2.5 mph)	70	Skiing, water	160
Cycling, 10 mph	93	Skipping rope, fast	285
Cycling, 15 mph	160	Skipping rope, moderate	167
Cycling, 20 mph	200	Snow shoveling	195
Cycling, 5mph	55	Snow shoveling, heavy	278
Dancing, fast	175	Soccer, competitive	195
Dancing, slow	55	Soccer, recreational	144
Dancing, socially (rock, disco, etc.)	100	Squash	205
Elliptical trainer (fast)	270	Stair climbing machine	160
Elliptical trainer (medium)	200	Stairclimbing at 26 stairs/minute	89
Firewood, carrying	176	Stairclimbing at 39 stairs/minute	133
Firewood, chopping	300	Stairclimbing at 52 stairs/minute	180
Firewood, sawing with handsaw	113	Stairclimbing at 78 stairs/minute	267
Firewood, stacking	89	Stairclimbing at 91 stairs/minute	309
Gardening, (heavy)	155	Stairclimbing at 100 stairs/minute	311
Gardening, hoeing (moderate)	93	Swimming, 25 yards/minute	120
Gardening, weeding (seated/kneeling)	73	Swimming, 50 yards/minute	225
Golfing, walking, no cart	100	Swimming, 75 yards/minute	290
Golfing, with a cart	70	Swimming, back stroke at 1 mph	111
Handball, competitive	230	Swimming, back stroke at 2 mph	196
Handball, recreational	142	Swimming, breast stroke at 1 mph	89
Hiking	155	Swimming, breast stroke at 2 mph	178
Hiking, 10 lb load	180	Swimming, crawl stroke at 1 mph	91
Hiking, 30 lb load	235	Swimming, crawl stroke at 2 mph	156
Horseback riding, leisurely	31	Swimming, treading water	98
Horseback riding, trotting	102	Tennis, doubles	110
Housework, general, vacuuming	90	Tennis, singles	160
Housework, mopping floors	85	Volleyball, game	120
Housework, scrubbing the floor	140	Volleyball, leisurely	70
Housework, window cleaning	75	Walking in water, leisurely	49
In-line skating, leisurely	84	Washing the car	75
Ice skating, competitive	170	Waxing the car	100
Ice skating, leisurely	95	Weight lifting (abdominal only)	64
Judo, competitive	185	Weight lifting (arms only)	42
Mowing	135	Weight lifting (back only)	80
Orienteering	151	Weight lifting (legs only)	96
Painting (houses, fences, etc.)	80	Weight lifting (shoulders only)	69
Ping pong	90	Weight lifting 40 sec between sets	255
Racquetball, competitive	205	Weight lifting 60 sec between sets	190
Racquetball, recreational	138	Weight lifting 90 sec between sets	125
Roller skating, moderately	173	Yoga	100
Rowing, heavy	289		
Rowing, moderately	150		
Rowing, leisurely	75		