

Step Challenge Conversion Chart

To calculate your total steps from an activity multiply the number listed by your activity by total minutes you participated in the activity

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

ACTIVITY	STEP/MIN.	ACTIVITY	STEP/MIN.
Arm ergometer	75	Downhill skiing, vigorous	213
Backpacking, uphill, 21-42 lb load	221	Elliptical	133
Badminton	146	Fencing	160
Baseball	133	Football, touch/flag	213
Basketball, shooting baskets	120	Frisbee®	80
Basketball, game	213	Gardening, general, moderate effort	101
Bicycling/Cycling, light (10-11.9 mph)	181	Golf, walking, carrying clubs	114
Bicycling/Cycling, moderate (12-13.9 mph)	213	Golf, with power cart	93
Bicycling/Cycling, vigorous (14-15.9 mph)	266	Group fitness class, low impact	133
Bicycling/Cycling, stationary, mod-vig (90-100 watts)	181	Group fitness class, high impact	194
Bowling	101	Group fitness class, boot camp	133
Boxing, sparring	207	Group fitness class, step, with 6-8 inch step	200
Boxing, punching bag	146	Group fitness class, water	141
Canoeing, moderate (4.0-5.9 mph)	154	Group fitness class, Zumba®	184
Circuit training	213	Handball	319
Climbing, rock or mountain	213	Hiking, uphill, 0-9 lb load	173
Cross-country skiing, light	181	Hockey, field and ice	213
Cross-country skiing, moderate	239	Horseback riding	146
Cross-country skiing, vigorous	333	Jumping rope	314
Dancing, ballroom, slow	80	Kayaking	133
Dancing, ballroom, fast	146	Kettlebell workout	261
Dancing, square	144	Kickball	194
Downhill skiing, light	114	Lacrosse	213
Downhill skiing, moderate	141	Martial arts, moderate pace	274
		Pilates	80

ACTIVITY	STEP/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	STEP/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