

Activity to Steps Conversion Chart



To convert your activity time from minutes to steps, simply multiply the number of minutes you have participated in the activity by the number of steps indicated in the chart below.

*All conversions are estimates.

| Activity Type | Steps/minute |
|--------------------------|--------------|
| Aerobic | 186 |
| Badminton (casual) | 162 |
| Badminton (competitive) | 181 |
| Basketball | 176 |
| Bicycling (general) | 186 |
| Bicycling (vigorous) | 214 |
| Bowling | 95 |
| Boxing (non-competitive) | 162 |
| Boxing (competitive) | 248 |
| Canoeing | 119 |
| Climbing (rock/mountain) | 190 |
| Dancing | 152 |
| Elliptical | 214 |
| Fencing | 167 |

| Activity Type | Steps/minute |
|-----------------------|--------------|
| Fishing | 119 |
| Football | 190 |
| Frisbee | 95 |
| Gardening | 110 |
| Golf (carrying clubs) | 148 |
| Golf (powered cart) | 119 |
| Grocery Shopping | 62 |
| Gymnastics | 133 |
| Handball | 238 |
| Hiking | 167 |
| Horseback Riding | 162 |
| Housework | 86 |
| Ice Skating | 181 |
| Jogging (general) | 190 |

| Activity Type | Steps/minute |
|------------------------------|--------------|
| Judo | 219 |
| Jumping Rope (slow pace) | 200 |
| Jumping Rope (moderate pace) | 238 |
| Jumping Rope (fast pace) | 243 |
| Kayaking | 157 |
| Kickball | 181 |
| Kick Boxing | 219 |
| Mopping | 119 |
| Mowing Lawn | 162 |
| Punching Bag | 162 |
| Rowing | 181 |
| Running (general) | 224 |
| Running (vigorous) | 286 |
| Shopping | 62 |
| Skiing | 181 |
| Snowboarding | 162 |
| Soccer (casual) | 181 |
| Soccer (competitive) | 214 |
| Sports (general) | 181 |
| Sports (vigorous) | 238 |
| Stair Climbing (slow pace) | 143 |
| Stair Climbing (fast pace) | 190 |
| Stair Climbing (machine) | 200 |
| Surfing | 95 |
| Swimming (general) | 167 |
| Swimming (vigorous) | 229 |
| Table Tennis | 143 |

| Activity Type | Steps/minute |
|------------------------------|--------------|
| Tae Kwon Do | 219 |
| Tennis | 186 |
| Vacuuming | 110 |
| Volleyball (non-competitive) | 95 |
| Volleyball (competitive) | 167 |
| Walking (leisurely) | 81 |
| Walking (brisk) | 129 |
| Walking (very brisk) | 167 |
| Washing a Car | 48 |
| Water Aerobics | 162 |
| Weight Lifting | 167 |
| Wrestling | 167 |
| Wheelchair | 143 |
| Yoga | 71 |