

Activity Conversion Chart

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

*All conversions are estimates.

Activity Types	Steps / minute	Walking Distance (meters) / minute	Walking Distance (feet) / minute
Walking (leisurely)	81 steps	56.7 m	186 ft
Walking (brisk)	129 steps	90 m	295.3 ft
Walking (very brisk)	167 steps	116.7 m	382.9 ft
Jogging (general)	191 steps	133.3 m	437.3 ft
Running (general)	224 steps	156.7 m	514.1 ft
Running (vigorous)	286 steps	200 m	656.2 ft
Hiking	167 steps	116.7 m	382.9 ft
Elliptical	214 steps	150 m	492.1 ft
Wheelchair	143 steps	100 m	328.1 ft
Aerobic	186 steps	130 m	426.5 ft
Yoga	71 steps	50 m	164 ft
Dancing	152 steps	106.7 m	350.1 ft
Sports (general)	181 steps	126.7 m	415.7 ft
Sports (vigorous)	238 steps	166.7 m	546.9 ft
Bicycling (general)	186 steps	-	-
Bicycling (vigorous)	262 steps	-	-
Canoeing	119 steps	-	-
Kayak	158 steps	-	-
Rowing	181 steps	-	-
Skiing	181 steps	-	-
Snowboarding	162 steps	-	-
Swimming (general)	167 steps	-	-
Swimming (vigorous)	229 steps	-	-