CONVERT ACTIVITIES TO STEPS

Calculate how many steps you did for your activity Let's say I did rollerblading for 10 minutes:

- 1) Look for rollerblade in the table (activities are in alphabetical order)
- 2) Look in the "steps per minute" box to find the steps.
- 3) 203 is the number for rollerblade per minute
- 4) 203 steps per minute x 10 minutes = 2030 steps (203x10=2030)

Activity	4) 203 Steps per fillitate x 10 fillita			Ctono
Minute Minute Aerobic dancing class 127 Racquetball, casual 181 Aerobic fitness class 181 Racquetball, competitive 254 Aerobics, low impact 125 Rake leaves 125 Aerobics, step 153 Rock climb 244 Auto repair (light to moderate) 71-91 Rollerskate/rollerblade 203 Backpack 195 Row, light 101 Badminton (casual – competitive) 131-203 Row, competitive 203 Ballet 120 Row, moderate 147 Baseball 111 Run, 6 mph (10 min mile) 290 Basketball (shooting baskets) 174 Run, 5 mph (12 min/mile) 232 Basketball game 242 Sailing 91 Bicycling, leisurely 116 Scrub floors 71 Bicycling, wigorous pace 130 Scuba dive 203 Bicycling, vigorous pace 200 Skateboard 152 Boxing, competitive 131 4 square ball 52	A -4114	Steps	A attrite	Steps
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Cross-country skiing232Soccer, competitive200Curling (sweeping)125Softball145Dance (light to lively)109-131Spinning200Downhill ski174Spike Ball130Elliptical trainer203Squash348	Climb (rock/mountain)	270	Snowshoe	181
Curling (sweeping)125Softball145Dance (light to lively)109-131Spinning200Downhill ski174Spike Ball130Elliptical trainer203Squash348	Croquet	76	Soccer, recreational	145
Curling (sweeping)125Softball145Dance (light to lively)109-131Spinning200Downhill ski174Spike Ball130Elliptical trainer203Squash348	Cross-country skiing	232	Soccer, competitive	200
Downhill ski 174 Spike Ball 130 Elliptical trainer 203 Squash 348		125	Softball	145
Downhill ski174Spike Ball130Elliptical trainer203Squash348	Dance (light to lively)	109-131	Spinning	200
Elliptical trainer 203 Squash 348		174	Spike Ball	130
·	Elliptical trainer	203	-	348
	Fencing	182		

Firewood carry/stack	145	Stair climbing, machine	200		
Fishing	91	Stair climbing, downstairs	71		
Football	199-260	Stair climbing, up stairs	181		
Frisbee	91	Stretch	15		
Gardening(light)	116	Surf	91		
Gardening (heavy)	174	Swimming, backstroke	181		
Golf, carry clubs, 18 holes	131	Swimming, butterfly	272		
Grocery shop	67	Swimming, freestyle	181		
Handball	348	Swimming, leisure	174		
Hang laundry on line	72	Swimming, treading water	116		
High intensity (Crossfit, HIIT)	290	Tag	250		
Hike, general	172	Tae Kwon Do	290		
Horseback ride	116	Tai Chi	40		
Hockey (field/ice)	260	Tennis	232		
,		Throwing and Catching	100		
House/garage cleaning	101	Trampoline	101		
Ice skate – slow	84	Trim trees/shrubs manually	116		
Ice skate - moderate	122	Vacuum house	94		
Ice skate - fast	203	Volleyball (light to moderate)	87-121		
Judo/Karate	236	Walk slow	68		
Jump rope, fast	300	Walk moderate	122		
Jump rope, moderate	250	Walk fast	197		
Kayak	152	Wash car (small to truck)	71-87		
Kickboxing	290	Wash/dry dishes by hand	72		
Lacrosse	242	Wash windows manually	87		
Miniature golf	91	Water aerobics	116		
Mop the floor	60	Water ski	174		
Mow lawn (push) - small/large lot	160-242	Wax your car	80		
Orienteer	260	Weight lift, light	67		
Paint wall/room	78-131	Weight lift, moderate	87		
Pilates	101	Weight lift, vigorous	174		
Ping pong	116	Wheelchair use (manual)	101		
Pool/billiards	76	Yard Work (light to moderate)	89-145		
Punching bag	180	Yoga (light to moderate)	45-72		
Playground	100	Zumba	148		
Workouts done from SeeSaw					

Eye of the Tiger Workout	1500	Roxanne Workout	1500		
Tabata workouts (avengers, fortnite, black panther)	1500	Thunderstruck workout	2000		
Dance video	1200	Cosmic yoga videos	1000		
Sally up / Sally down	1600				
Additional Exercises					
Squats x 10	200	Jumping Jacks x 10	100		
Plank (30 seconds)	150	Push Ups x 10	150		
Sit Ups x 10	100				
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