

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	Steps Per Minute	Activity	Steps Per 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, easy pace	130	Scuba dive	203
Bicycling, moderate pace	170	Shop (grocery, mall)	71
Bicycling, vigorous pace	200	Skateboard	152
Bouncing Ball (any)	80		
Boxing, non-competitive	131	4 square ball	52
Boxing, competitive	222	Skiing, light/moderate	109
Bowling	87	Skiing, cross-country	114
Calisthenics	106	Sledding	158
Canoe, light to moderate	87-106	Snow shovel	174
Circuit Training	232	Snowboard	182
Climb (rock/mountain)	270	Snowshoe	181
Croquet	76	Soccer, recreational	145
Cross-country skiing	232	Soccer, competitive	200
Curling (sweeping)	125	Softball	145
Dance (light to lively)	109-131	Spinning	200
Downhill ski	174	Spike Ball	130
Elliptical trainer	203	Squash	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		