

Conversion Chart (Steps Per Minute)

Activity	Steps/ Min.	Activity	Steps/ Min.
Bowling	55	Badminton	150
Cycling (5 MPH)	55	Roller Skating (moderate)	150
Dancing (slow)	55	Cross Country skiing (leisurely)	155
Shopping	60	Hiking (no load)	155
Walking (2 MPH)	60	Stair Climber machine	155
Canoeing (2.5 MPH)	70	Tennis (singles)	160
Golfing (w/ cart)	70	Water skiing	160
Volleyball (leisurely)	70	Ice Skating (competitive)	170
Rowing (leisurely)	75	Dancing (fast)	175
Vacuuming	75	Backpacking (10 lb. load)	180
Washing car	75	Rowing machine	180
Window cleaning	75	Jogging (5 MPH)	185
Painting	80	Judo	185
Walking (3 MPH)	80	Aerobics (intense)	190
Mopping	85	SCUBA Diving	190
Gardening	90	Weight Training (intense)	190
Housework	90	Snow Shoveling	195
Ping Pong	90	Soccer (competitive)	195
Ice Skating (leisurely)	95	Cycling (15 MPH)	200
Dancing (non-contact)	100	Elliptical jogger (moderate)	200
Golfing (no cart)	100	Racquetball	205
Walking (4 MPH)	100	Squash	205
Waxing car	100	Cross Country skiing (moderate)	220
Tennis (Doubles)	110	Basketball (competitive)	220
Aerobic Dancing (low impact)	115	Swimming (50 yards/minute)	225
Swimming (25 yards/minute)	120	Mountain Biking	225
Volleyball (competitive)	120	Handball	230
Bicycling (10 MPH)	125	Jogging (6 MPH)	230
Weight Training	125	Backpacking (30 lb. load)	235
Basketball (leisurely)	130	Elliptical jogger (fast)	270
Snow Skiing (downhill)	135	Skipping Rope	285
Mowing	140	Swimming (75 yards/minute)	290
Stair Climbing	145	Running (8 MPH)	305
Aerobics (step)	150	Cross country skiing (intense)	330
		Running (10 MPH)	350