

Activities Converted to Steps per Minute



Activity	Female	Male	Activity	Female	Male
Aerobic dancing (low impact)	142	127	Jumping rope (slow)	212	199
Aerobics (high impact)	189	181	Jumping rope (moderate)	260	254
Aerobics step 6-8 inch step	236	218	Jumping rope (fast)	330	290
Aerobics step 10-12 inch step	260	254	Kickboxing (moderate)	330	290
Backpacking (on hill with up to 10 lb load)	189	181	Kickboxing (vigorous)	401	363
Backpacking (on hill with 20 lb load)	212	199	Kickboxing (very vigorous)	472	435
Ballet dancing	118	127	Mowing the lawn	142	127
Baseball	142	127	Pilates	94	91
Basketball (leisurely, non-game)	165	127	Racquetball (casual)	189	181
Basketball (game)	212	145	Racquetball (competitive)	260	254
Basketball (playing in wheelchair)	165	163	Rowing	189	181
Bicycling	212	199	Running 8 mph (7.5 minute mile)	354	326
Bicycling (BMX or mountain)	236	218	Running 10 mph (6 minute mile)	425	399
Bicycling (stationary - general)	189	181	Scrubbing floors	94	91
Bicycling (stationary - light)	142	145	Shoveling snow	165	145
Bicycling (stationary - moderate)	189	181	Skiing downhill (moderate to steep)	165	145
Bicycling (stationary - vigorous)	283	254	Skiing cross-country	212	181
Bowling	71	73	Snowshoeing	212	181
Canoeing	94	91	Soccer (casual)	189	181
Chopping wood	165	145	Soccer (competitive)	260	254
Circuit training (general)	212	199	Stair climber machine	236	218
Dancing ballroom (slow)	71	73	Stair climbing (up stairs)	212	199
Dancing ballroom (fast)	118	109	Stair climbing (down stairs)	71	73
Dancing (country, disco, line, swing)	118	109	Swimming (freestyle)	189	181
Dancing square	119	109	Swimming (breaststroke)	260	254
Elliptical jogger (medium)	236	218	Swimming (butterfly)	283	272
Football touch or flag	212	199	Swimming (backstroke)	189	181
Football tackle	236	218	Swimming (sidestroke)	212	199
Gardening (heavy)	142	145	Tennis (doubles)	165	145
Gardening (moderate)	118	109	Tennis (singles)	212	199
Golf (general)	118	109	Vacuuuming	94	73
Golf (riding in cart)	94	91	Waterskiing	165	145
Horseshoes	71	73	Washing the car	71	73
Ice skating	189	181	Waxing the car	118	109
In-line skating	200	190	Weight lifting	71	73
Jogging (general)	189	181	Wrestling	165	145
Jogging (in water)	212	199	Yoga	71	54
Judo and Karate	260	254			

How to convert activities into steps:

Activity: _____ # of equivalent steps: _____ X minutes: _____ = _____ Total Steps

Example: Activity: **Mowing the lawn** # of equivalent steps **127 (male)** X minutes **45** = **5715** Total Steps

Your Personal Step Log



Your Name: _____ Team Name : _____

Take one day to just establish your baseline steps per day. This will allow you to set realistic goals for yourself throughout the 8 week challenge, and to see how you progress from day to day, as you try to get more steps in.

Baseline Steps per day: _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total				
Weekly Goal				

	Week 5	Week 6	Week 7	Week 8
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Weekly Total				
Weekly Goal				