



Physical Activity to Steps Conversion Chart

This chart should be used during activities where you are unable to wear a device to track steps or if you don't own a similar device. To convert your activity time from minutes to steps, simply multiply the number of minutes you participated in the activity by the number indicated in the chart.

For example: 30 minutes racquetball x 156 steps/minute = 4,680 steps.

Physical Activity	Approximate Steps/Minute
Aerobics Class	145
Backpacking (with load)	181
Badminton	120
Baseball/Softball Game	129
Basketball (leisurely/shooting hoops/lightning with 8+)	100
Basketball Game (moderate)	129
Basketball Game (vigorous)	180
Bicycling (leisurely, 10-11.9 mph)	101
Bicycling (moderate, 12-13.9 mph)	150
Bicycling (vigorous, 14-15.9 mph)	202
Bicycling - Mountain (hills)	182
Bowling	67
Cross-Country Skiing	203
Dancing (moderate/vigorous)	129
Elliptical (moderate)	181
Fencing	130
Golfing (no cart)	120
Handball	267
Hiking (with no load)	101
Jump Rope (leisurely)	180
Jump Rope (moderate/fast)	247
Martial Arts	201
Pilates (moderate)	103
Pickleball (Doubles)	140
Pickleball (Singles)	156
Racquetball	156
Rollerblading/Ice Skating	131
Rowing/Kayaking (leisurely)	79
Rowing/Kayaking (moderate)	171
Rowing/Kayaking (vigorous)	305
Running - 6 minute mile	278
Running - 8 minute mile	220
Running - 10 minute mile	178
Running - 12 minute mile	305
Skiing/Snowboarding (downhill)	71
Soccer (leisurely/kicking ball around)	107
Soccer Game (moderate)	177
Soccer Game (vigorous)	255
Stationary Bicycling (leisurely)	105
Stationary Bicycling (moderate)	150
Stationary Bicycling (vigorous)	200
Swimming (leisurely)	130
Swimming (moderate)	180
Swimming (vigorous)	250
Water Polo	165
Tennis (singles)	178
Tennis (doubles)	133
Volleyball (game)	162
Volleyball (leisure)	89
Water Aerobics (Shallow Water)	89
Water Aerobics (Deep Water)	150
Weight Lifting/Strength Training	110
Yard Work - Light (Push Mowing/Light Gardening/Raking/Pruning)	80
Yard Work - Heavy (Shoveling snow, digging dirt, moving large objects by hand)	141
Yoga (restorative/stretching)	50
Yoga (hot/vigorous)	120

We are here to support your wellness journey! For questions please email: bewell@usu.edu or call (435) 797-8908

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