

CONVERTING ACTIVITIES TO STEPS*



*Only to be used if your Fitness Tracker Device can not track activities.

| Activity | steps/minute | Activity | steps/minute |
|---------------------------------|--------------|--|--------------|
| Bicycling (BMX course or hills) | 240 | Rowing (vigorous) | 190 |
| Bicycling (light) | 80 | Skiing downhill (moderate to steep) | 130 |
| Bicycling (moderate) | 130 | Stair Climber machine (moderate/steep) | 130 |
| Bicycling (vigorous) | 200 | Stair Climber machine (vigorous) | 200 |
| Canoeing/Kayaking | 90 | Stair Climbing (downstairs) | 50 |
| Chopping/stacking wood | 160 | Stair Climbing (upstairs) | 120 |
| Circuit training (Nautilus) | 80 | Strength Training | 70 |
| Elliptical Machine (medium) | 150 | Swimming (freestyle, front crawl) | 170 |
| Elliptical Machine (fast) | 200 | Swimming (breast stroke) | 120 |
| Gardening (moderate) | 80 | Swimming (back crawl) | 170 |
| Gardening (heavy) | 100 | Swimming (side stroke) | 100 |
| Judo and Karate | 130 | Water Fitness class | 100 |
| Kickboxing (moderate) | 120 | Waterskiing | 120 |
| Kickboxing (vigorous) | 200 | Wrestling | 160 |
| Pilates | 80 | Yoga | 40 |
| Rowing (moderate) | 100 | | |