

	A	B	C	D
1	Activity Converter (Steps/Minute)		Activity Converter (Steps/Minute)	
2	Aerobics Dancing, low Impact	197	Handball	267
3	Aerobics, High-Impact	189	Hiking, General	172
4	Aerobics, Step, 10-12 inch step	260	Hiking, Uphill	212
5	Aerobics, Step, 6-8 inch step	236	Hockey, Field and Ice	242
6	Archery	102	Home/auto repair/shop tasks	91
7	Badminton	136	Horseback Riding	121
8	Baseball	142	Horseshoes	71
9	Basketball, Game	178	Hunting	152
10	Basketball, Recreational	133	Ice Skating	203
11	Bicycling, Mountain	236	Jazzercise	182
12	Bicycling, Light	145	Jogging	189
13	Bicycling, Moderate	189	Judo and Karate	260
14	Bicycling, Vigorous	283	Jumping Rope, fast	330
15	Billiards/Pool	76	Jumping Rope, slow	212
16	Bowling	91	Kayaking	152
17	Boxing, Noncompetitive	131	Kickball	212
18	Boxing, Competitive	222	Lacrosse	242
19	Calisthenics, Light to Moderate	106	Line Dancing	139
20	Calisthenics, Vigorous	242	Martial Arts	222
21	Canoeing	94	Miniature Golf	91
22	Chopping wood	165	Mowing, Push Mower	142
23	Circuit Training, General	212	Mopping	101
24	Cleaning House	78	Painting	100
25	Climbing, Rock or Mountain	273	Pilates	94
26	Cooking	61	Table Tennis/Ping Pong	121
27	Dancing, Aerobic	133	Punching Bag	182
28	Dancing, General	118	Race-Walking	197
29	Elliptical jogger, Medium	236	Racquetball, casual	189
30	Fencing	133	Raking Lawn and Leaves	121
31	Fishing	61	Rollingblading/Skating	156
32	Fitness Class - Low Impact	152	Rowing Machine, Moderate	111
33	Fitness Class - High Impact	212	Rowing Machine, Vigorous	189
34	Football, Tackle	242	Rugby	258
35	Football, Touch or Flag	212	Running, 5 mph, 12 min miles	242
36	Frisbee	91	Running, 5 mph, 10 min miles	278
37	Gardening	121	Running, 5 mph, 8.5 min miles	311
38	Golf, Carrying Clubs	136	Running, 5 mph, 7.5 min miles	374
39	Golf, Cart	78	Running, 5 mph, 6 min miles	425
40	Gymnastics	121	Sailing, Boat and Board, Windsurfing	91
41				
42				
43	Wheelchair Distance Conversion - 100 Meters = 125 Steps			

	E	F
1	Activity Converter (Steps/Minute)	
2	Scuba Diving	212
3	Scrubbing Floors	94
4	Shopping	70
5	Shoveling Snow	165
6	Skiing, Cross Country	200
7	Skiing, Downhill	133
8	Sledding	212
9	Snowshoeing	178
10	Snorkeling	165
11	Soccer, Recreational	189
12	Softball	152
13	Spinning, Class	240
14	Stair Climber, Leisurely	90
15	Stair Climber, Vigorous	267
16	Stretching	76
17	Swimming Leisurely	182
18	Swimming, Backstroke	189
19	Swimming, Butterfly	283
20	Swimming, Freestyle	189
21	Swimming, Sidestroke	212
22	Table Tennis	121
23	Tae Bo, Moderate	330
24	Tai Chi	121
25	Tennis, Singles	212
26	Tennis, Doubles	133
27	Vacuuming	94
28	Volleyball	119
29	Washing a Car	73
30	Water Aerobics	121
31	Water Polo	303
32	Waterskiing	165
33	Washing/Waxing a Car	118
34	Water Aerobics	89
35	Weight Lifting	73
36	Wrestling	165
37	Yard Work	89
38	Yoga	71
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