



PEOPLEONE HEALTH

Steps Challenge Conversion Chart

Congratulations! You are currently signed up for your companies Step Challenge. Doing activities that might not require steps but be more considered fitness minutes, daily chores, sports and more? Take a look at this list below and manually enter your steps into the steps challenge. Use this formula:

Activity (in minutes) x Steps/Minute = Total Number of Steps
Example: 45 minutes of cycling x 200 (steps/minute) = 9,000 steps

Activity	Steps/Minute	Activity	Steps/Minute	Activity	Steps/Minute
Aerobic Fitness Class	181	Elliptical Trainer	203	Ice Skating	136
Auto Repair	71	Firewood Carrying/Stacking	145	Judo/Karate	236
Badminton	131	Fishing	91	Jumping Rope	275
Ballet	120	Football	230	Kayaking	152
Baseball	111	Frisbee	91	Kickboxing	290
Basketball Game	242	Golfing (no cart, 18 holes)	131	Lacrosse	242
Bicycling	123	Handball	348	Minatare Golf	91
Bowling	87	HIIT (high intensity interval training)	232	Mowing Lawn (push)	201
Boxing	131	Hiking	172	Painting (walls)	105
Calisthenics	106	Hockey	260	Pilates	101
Canoeing	97	Horseback Riding	116	Ping Pong	116
Dancing	120	House Cleaning	101	Pool/Billards	76



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Punching Bag	180	Snow Shoveling	174	Tai Chi	40
Racquetball	218	Snowboarding	182	Tennis	232
Rock Climbing	244	Soccer	173	Trampoline	101
Roller-skating/Blading	203	Softball	145	Volleyball	104
Rowing	147	Spinning/Cycling	200	Walking (leisure)	68
Running (5mph, 12 minute/mile)	232	Sqaush	348	Walking (paced)	160
Running (6mph, 10 minute/mile)	290	Stair Climbing (home)	126	Wash Car	79
Running (8mph, 7.5 minute/mile)	391	Stair Climbing (machine)	200	Wash Windows (manually)	87
Sailing	91	Stretching	15	Water Aerobics	116
Scuba Diving	203	Surfing	91	Water Skiing	174
Shopping	71	Swimming (all strokes)	211	Weight Lifting	109
Skateboarding	152	Swimming (leisure)	174	Yard Work	117
Skiing	112	Tae Bo	250	Yoga	59
Sledding	158	Tae Kwon Do	290	Zumba	148



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Wheelchair Specific

If you have an odometer use the conversion chart below to record your steps

Distance (in meters)	Equivalent # of Steps	Distance (in meters)	Equivalent # of Steps
100 m	125	1,000 (1 kilometer; km)	1,250
200 m	250	2,000 (2 kilometer; km)	2,500
300 m	375	3,000 (3 kilometers; km)	3,750
400 m	500	4,000 (4 kilometers; km)	5,000
500 m	625	5,000 (5 kilometers; km)	6,250
600 m	750	6,000 (6 kilometers; km)	7,500
700 m	875	7,000 (7 kilometers; km)	8,750
800 m	1,000	8,000 (8 kilometers; km)	10,000
900 m	1125	9,000 (9 kilometers; km)	11,250

Activity Wheelchair Specific

Activity (in minutes) x Steps/Minute = Total Number of Steps

Example: 45 minutes of basketball x 164 (steps/minute) = 7,380 steps

Activity	Steps/Minute
Basketball	164
Wheelchair (manual use)	101