

Activity Conversion Chart

TIME SPENT EQUIVALENT TO MILES OR TO STEPS

Please reference this chart for activities italicized in parentheses; they might not be listed on-line when logging your time spent. No other activities will be added, so put forth your best effort to fairly fit another activity into its proper category.

| Physical Activity | Time spent to equal 1 Mile or 2,000 Steps | Physical Activity | Time spent to equal 1 Mile or 2,000 Steps |
|--|--|--|---|
| Aerobics (low impact) | 16 minutes | Running a 8-minute mile | 8 minutes |
| Aerobics (moderate) | 13 minutes | Running a 9-minute mile | 9 minutes |
| Aerobics (high impact) | 11 minutes | Skating | 20 minutes |
| Basketball | 20 minutes | Skiing (cross-country) | 10 minutes |
| Bicycling (leisurely, 10-11.9 mph) | 20 minutes | Skiing (<i>Snowboarding</i>) -(downhill) | 15 minutes |
| Bicycling (moderate, 12-13.9 mph) | 10 minutes | Soccer | 10 minutes |
| Bicycling (vigorous, 14-15.9 mph) Mountain Biking (hills) | 8 minutes | Stationary Bicycling (light) | 16 minutes |
| Dancing (all types) | 15 minutes | Stationary Bicycling (moderate) | 11 minutes |
| Elliptical | 10 minutes | Stationary Bicycling (vigorous) | 8 minutes |
| Fencing | 15 minutes | Stretching - 6 steps per min. | 3 hours 33 minutes |
| Football | 15 minutes | Swimming (leisure) | 15 minutes |
| Hiking (20-42 lb. load) | 9 minutes | Swimming (moderate effort) | 12 minutes |
| Hiking, general | 12 minutes | Swimming (treading water) | 41 minutes |
| Jump rope (slow) | 11 minutes | Swimming laps (vigor. effort) | 9 minutes |
| Jump rope (moderate/fast) | 8 minutes | Tai Chi - 8 steps per min. | 2 hours 50 minutes |
| Kickboxing/Karate | 7 minutes | Tennis (<i>Handball/Racketball</i>) | 10 minutes |
| Pilates (<i>Sit-ups/Crunches/Push-ups</i>) | 20 minutes | Volleyball (game) | 9 minutes (Record actual time performed (ATP)) |
| Resistance Training (<i>Push Mowing/Light Gardening/Raking/ Pruning</i>) | 27 minutes | Volleyball (leisure) | 23 minutes (Record ATP) |
| Rollerblading (<i>Ice Skating</i>) | 10 minutes | Walking (<i>Jogging</i>) | 20 minutes |
| Rowing (<i>Kayaking/Painting</i>) – (light) | 27 minutes | Water Aerobics | 20 minutes |
| Rowing (moderate) | 13 minutes | Weightlifting (<i>Heavy Gardening and landscaping/Rock Climbing</i>) | 27 minutes |
| Running a 6-minute mile | 6 minutes | Yoga | 40 minutes |
| Running a 7-minute mile (<i>Trail-running hills</i>) | 7 minutes | Bowling, Golfing/Frisbee Golfing/ Baseball/Softball | 20 minutes (Only record actual time spent performing activity) |

STEPS TO MINUTES TO MILES CONVERSION CHART

| STEPS | MINUTES | MILES | STEPS | MINUTES | MILES |
|-------|---------|-------|--------|---------|-------|
| 500 | 5 | .25 | 5,500 | 55 | 2.75 |
| 1,000 | 10 | .50 | 6,000 | 60 | 3.00 |
| 1,500 | 15 | .75 | 6,500 | 65 | 3.25 |
| 2,000 | 20 | 1.00 | 7,000 | 70 | 3.50 |
| 2,500 | 25 | 1.25 | 7,500 | 75 | 3.75 |
| 3,000 | 30 | 1.50 | 8,000 | 80 | 4.00 |
| 3,500 | 35 | 1.75 | 8,500 | 85 | 4.25 |
| 4,000 | 40 | 2.00 | 9,000 | 90 | 4.50 |
| 4,500 | 45 | 2.25 | 9,500 | 95 | 4.75 |
| 5,000 | 50 | 2.50 | 10,000 | 100 | 5.00 |