

Step Conversions

For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps, or multiply the number of minutes you did the activity by the number of steps indicated on the chart.

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

Note: To receive the most accurate "steps equivalent" we recommend that you remove our pedometer when choosing an activity other than walking.

Example:

Housework, mopping floors

$$30 \text{ minutes} \times 101 = 3030 \text{ steps}$$

Activity	# of steps per minute	Activity	# of steps per minute	Activity	# of steps per minute
Aerobics, high impact	203	Grocery shopping	67	Snow shoveling	174
Aerobics, low impact	145	Handball	348	Snowboarding, light	150
Aerobics, step	246	Hiking, 10-20 lb. load	217	Snowboarding, moderate	182
Badminton, casual	131	Hiking, 21-42 lb. load	232	Soccer, recreational	203
Basketball, game	230	Hiking, general	172	Soccer, competitive	290
Basketball, recreational	174	Horseback riding	116	Softball	145
Bicycling, leisurely	116	Horseback riding, trotting	188	Squash	348
Bicycling, stationary	203	Housework, mopping floors	101	Stair climbing, machine	260
Bowling	87	Housework, scrubbing floors	110	Stair climbing, moderate	334
Boxing	348	Housework, vacuuming	101	Stair climbing, slow	232
Canoeing, light	87	Ice skating	203	Stair climbing, vigorous	434
Chopping wood, around home	174	Judo	290	Stretching	72
Circuit training	232	Jumping rope	348	Swimming, backstroke	203
Cross-country skiing, intense	260	Karate or Kickboxing	290	Swimming, breaststroke	290
Cross-country skiing, moderate	232	Painting	131	Swimming, butterfly	319
Cross-country skiing, slow	203	Pilates	101	Swimming, freestyle	203
Dancing	131	Ping pong	116	Swimming, leisure	174
Downhill skiing	174	Racquetball, casual	203	Swimming, treading water	116
Elliptical trainer	203	Racquetball, competitive	290	Tai Kwon Do	290
Firewood, carrying	145	Raking leaves	125	Tai Chi	116
Firewood, stacking	145	Roller skating	203	Tennis, doubles	174
Football	260	Rowing, light	101	Tennis, singles	232
Gardening, light	116	Rowing, moderate	203	Trampoline	101
Gardening, heavy	174	Running, 10 mph (6 min/mile)	463	Volleyball, game	232
Gardening, weeding	131	Running, 8 mph (7.5 min/mile)	391	Volleyball, leisure	87
Golfing, without a cart	131	Running, 6 mph (10 min/mile)	290	Water aerobics	116
Golfing, with a cart	101	Running, 5 mph (12 min/mile)	232	Water skiing	174

Step Conversions

This conversion chart estimates the equivalent steps to miles and kilometers. Make sure you use the Quick step Calculator feature to sum up all your steps through the day when performing activities other than walking. Every step counts!

STEPS	MILES	KM
500	0.25	0.4
1000	0.5	0.8
1500	0.75	1.21
2000	1	1.61
2500	1.25	2.01
3000	1.5	2.42
3500	1.75	2.82
4000	2	3.22
4500	2.25	3.62
5000	2.5	4.03
5500	2.75	4.43
6000	3	4.83
6500	3.25	5.23
7000	3.5	5.64
7500	3.75	6.04
8000	4	6.44
8500	4.25	6.84
9000	4.5	7.24
9500	4.75	7.65
10000	5	8.05