

# Step conversions

	# of STEPS 1 min 15 min	
Aerobic dance	197	2,955
Backpacking	195	2,925
Baseball	111	1,665
Basketball, shooting baskets	136	2,040
Basketball game	242	3,630
Canoeing	106	1,590
Cricket	111	1,665
Dancing	148	2,220
Elliptical jogger	227	3,405
Electronic sports (Wii/PS3)	91	1,365
Football	242	3,630
Frisbee	91	1,365
Golf	136	2,040
Health club exercise, general	167	2,505
Hiking	182	2,730
Hockey (field and ice)	242	3,630
House or garage cleaning	91	1,365
Jazzercise	182	2,730
Jogging	212	3,180
Jump rope	303	4,545
Kayaking	152	2,280
Kickball	212	3,180
Miniature golf	91	1,365
Pilates	76	1,140
Pickle Ball	166	2,490
Racquetball	212	3,180
Rebounding	280	4,200
Rollerskating or rollerblading	115	1,725
Skateboarding	152	2,280
Soccer	212	3,182
Softball	152	2,280
Step aerobics	273	4,095
Swimming, leisurely	182	2,730
Table tennis	121	1,815
Tai Chi	121	1,815
Tennis	212	3,180

	# of STEPS 1 min 15 min	
Vacuuming	94	1,410
Volleyball	121	1,815
Water aerobics	121	1,815
Waterskiing	133	1,995
Weight lifting, moderate effort	121	1,815
Wheelchair use (manual)	101	1,515
Yoga	76	1,140
Zumba	148	2,220

## Green activities

	# of STEPS 1 min 15 min	
Bicycling	242	3,630
Gardening, general	121	1,815
Hanging laundry on clothes line	72	1,080
Lawn mowing (push mower)	242	3,630
Community clean-up	145	2,175
Trimming trees and bushes manually	116	1,740
Walking, slow	68	1,020
Walking, moderate	122	1,830
Walking, fast	197	2,955
Washing the car manually	87	1,305
Washing/drying dishes manually	72	1,080
Washing laundry manually	72	1,080
Washing windows manually	87	1,305

Hennepin County  
Public Health  
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[steptoit.org](http://steptoit.org)



May 1 – 28  
[steptoit.org](http://steptoit.org)



# Activity log

## Directions:

- Using the conversion chart, record your daily steps in this log.
- Log onto [steptoit.org](http://steptoit.org) to record your weekly total steps. You may also call 612-348-5618 or fax 612-348-7548.
- At the end of the challenge, record your grand total of steps!

	Week 1 (May 1 - 7)	Week 2 (May 8 - 14)	Week 3 (May 15 - 21)	Week 4 (May 22 - 28)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total Weekly Steps (Add the numbers in each column.)				

Grand total: \_\_\_\_\_

