

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 |

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| | | |
|---------------------------------|-----|-------|
| 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

612-348-5618

steptoit@hennepin.us

steptoit.org



Step to it

Activity log

May 1 – 28

steptoit.org



Activity log

Directions:

- Using the conversion chart, record your daily steps in this log.
- Log onto step toit.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: _____

