

Step conversions

| Activity | Number of steps (1 min) |
|--------------------------------|-------------------------|
| Aerobic dance | 197 |
| Backpacking | 195 |
| Baseball | 111 |
| Basketball, shooting baskets | 136 |
| Basketball game | 242 |
| Canoeing | 106 |
| Cricket | 111 |
| Dancing | 148 |
| Elliptical jogger | 227 |
| Electronic sports (Wii/PS3) | 91 |
| Football | 242 |
| Frisbee | 91 |
| Golf | 136 |
| Health club exercise, general | 167 |
| Hiking | 182 |
| Hockey (field and ice) | 242 |
| House or garage cleaning | 91 |
| Jazzercise | 182 |
| Jogging | 212 |
| Jump rope | 303 |
| Kayaking | 152 |
| Kickball | 212 |
| Miniature golf | 91 |
| Pilates | 76 |
| Pickle Ball | 166 |
| Racquetball | 212 |
| Rebounding | 280 |
| Rollerskating or rollerblading | 115 |
| Skateboarding | 152 |
| Soccer | 212 |
| Softball | 152 |
| Step aerobics | 273 |
| Swimming, leisurely | 182 |
| Table tennis | 121 |
| Tai Chi | 121 |
| Tennis | 212 |

| Activity | Number of steps (1 min) |
|---------------------------------|-------------------------|
| Vacuuming | 94 |
| Volleyball | 121 |
| Water aerobics | 121 |
| Waterskiing | 133 |
| Weight lifting, moderate effort | 121 |
| Wheelchair use (manual) | 101 |
| Yoga | 76 |
| Zumba | 148 |

Green activities

| Activity | Number of steps (1 min) |
|------------------------------------|-------------------------|
| Bicycling | 242 |
| Gardening, general | 121 |
| Hanging laundry on clothes line | 72 |
| Lawn mowing (push mower) | 242 |
| Community clean-up | 145 |
| Trimming trees and bushes manually | 116 |
| Walking, slow | 68 |
| Walking, moderate | 122 |
| Walking, fast | 197 |
| Washing the car manually | 87 |
| Washing/drying dishes manually | 72 |
| Washing laundry manually | 72 |
| Washing windows manually | 87 |

Hennepin County

Public Health

612-348-5618

steptoit@hennepin.us

steptoit.org

46-900-04-19



Step to it



Activity log

May 1 – 28

steptoit.org

#StepTolt



Activity log

Directions:

- Using the conversion chart, record your daily steps in this log.
- Log onto 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!

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

Grand total: _____



Step to it