

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

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steptoit.org

46-900-04-19





Step to it



Activity log

May 1 – 28

steptoit.org

#StepTolt





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!

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)
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Total Weekly Steps (Add the numbers in each column.)				

Grand total: _____

