

# 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

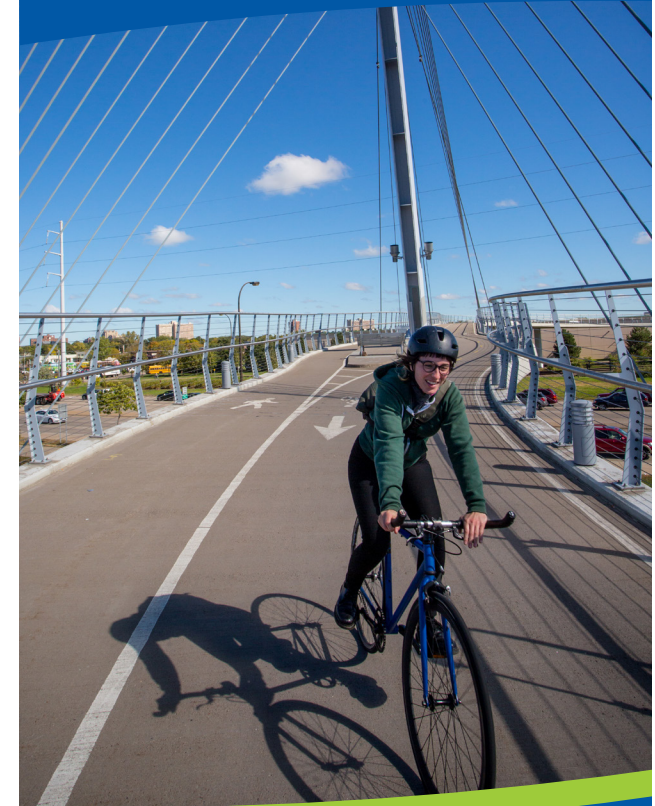
steptoit@hennepin.us

[steptoit.org](http://steptoit.org)

46-900-04-19



Step to it



Activity log

May 1 – 28

[steptoit.org](http://steptoit.org)

#StepTolt





## Directions:

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

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

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

