

Walking Pedometer Steps Equivalents

1 mile = 2000 average steps (range 1900-2400)

1 block = 200 average steps

Activity - Steps per minute

Walking 3 mph - 100
Walking slow - under 2 mph - 61
Walking slow - 2 mph - 67
Walking 3.5 miles per hour - 115
Walking 4 miles per hour - 152
Walking 5 miles per hour - 242
Racewalking - 197
Aerobic dance - 197
Backpacking - 212
Badminton - 136
Ballroom dancing - fast - 167
Ballroom dancing - slow - 91
Basketball - shooting baskets - 136
Basketball game - 242
Bicycling - 242
Bicycling fast - 364
Bicycling under 10 mph - 121
Billiards/pool - 76
Bowling - 91
Calisthenics - vigorous - 242
Calisthenics - light to moderate - 106
Canoeing - 106
Children's playground games - 136
Circuit training - 242
Climbing - rock or mountain - 273
Cooking - 61
Croquet - 76
Fencing - 182
Fishing - 91
Football - 242
Frisbee - 91
Gardening - 121
Golf - 136
Gymnastics - 121
Handball - 364
Health club exercise, general - 167
Hiking - 182
Hiking - orienteering - 273
Hockey - field and ice - 242
Home/auto repair and shop tasks - 91
Horseback riding - 121
House cleaning - 91
Hunting - 152
Ice Skating - 212
Inline skating - 364
Jazzercise - 182
Jogging - 212
Jogging on mini-trampoline - 136

Jump rope - 303
Kayaking - 152
Kickball - 212
Lacrosse - 242
Lawn bowling, shuffleboard - 91
Lawn mowing -power mower - 152
Martial arts - 303
Minature golf - 91
Punching bag - 182
Raking lawn and leaves - 121
Raquetball - 212
Roller skating - 212
Rowing machine - 212
Rowing machine, vigorous - 258
Rugby - 303
Running - 5 mph - 12 minute miles - 242
Running - 6 mph - 10 minute miles - 303
Running - 7 mph - 8.5 minute miles - 348
Running - 8 mph - 7.5 minute miles - 409
Sailing, boat and board, windsurfing - 91
Scuba diving - 212
Shopping - 70
Sitting - 30
Skateboarding - 152
Ski machine - 212
Skiing - cross country - 242
Skiing - downhill - 182
Skimobiling - 212
Sledding - 212
Snorkeling - 152
Snowmobiling - 106
Soccer - 212
Softball - 152
Square dancing - 136
Squash - 364
Stairmaster - 273
Stationary bicycling (moderate effort) - 212
Stationary bicycling (vigorous effort) - 318
Step aerobics - 273
Stretching, yoga - 76
Surfing - 91
Swimming laps - moderate - 212
Swimming laps - vigorous - 303
Swimming leisurely - 182
Table tennis - 121
Tai chi - 121
Tennis - 212
Volleyball - 121
Water aerobics - 121
Water aerobics - 121
Water jogging - 242
Water polo - 303
Waterskiing - 182
Weight lifting, moderate effort - 121
Weight lifting, vigorous effort - 182
Wrestling - 182
Yoga - 76

This chart is based on MET - Metabolic Equivalents of various physical activities. References: AINSWORTH BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Schmitz KH, Emplainscourt PO, Jacobs DR Jr, Leon AS. Compendium of Physical Activities: An update of activity codes and MET intensities. Med Sci Sports Exerc 2000;32 (Suppl):S498-S516.