

Live Well. Be Well.

Taking steps towards better health doesn't always mean walking

Be sure to log your steps daily in the Sharecare app to earn your green days, complete challenges, and get full credit for all the ways you fit in activity.



Step conversion chart

There are lots of ways to get in your steps. When you choose an activity other than walking, check the chart below to see how many steps you've earned. Simply multiply the steps indicated on the chart by the number of minutes you were

active. For example, 30 minutes of mopping equals 3,180 steps. (30 minutes x 106). Clean floors AND active steps - now that's a win win.

Activity	Steps / min	Steps / 20 min
Aerobics, high intensity	242	4,840
Aerobics, low intensity	106	2,120
Aerobics, water	121	2,420
Badminton, game	212	4,240
Badminton, recreational	136	2,720
Ballet dancing	120	2,400
Billiards/pool	76	1,520
Body weight exercises (e.g. squats)	100	2,000
Basketball, game	242	4,840
Basketball, recreational	182	3,640
Bowling	91	1,820
Boxing, competitive, in a ring	222	4,440
Boxing, non-competitive	131	2,620
Canoeing, leisurely	121	2,420
Circuit training	178	3,560
CrossFit™ fast	218	4,360
CrossFit™ slow	143	2,860
Cycling, 14–16 mph, intense	304	6,080
Cycling, 11–13 mph, moderate	242	4,840
Cycling, <10 mph, leisurely	121	2,420

Activity	Steps / min	Steps / 20 min
Dancing, fast	137	2,740
Dancing, slow	91	1,820
Dodgeball	175	3,500
Elliptical trainer	203	4,060
Frisbee	91	1,820
Football, game	260	5,200
Football, leisurely	199	3,980
Gardening, heavy	152	3,040
Gardening, moderate	121	2,420
Golfing, walking, no cart	136	2,720
Golfing, with a cart	107	2,140
Golfing, miniature or driving range	91	1,820
Gymnastics	121	2,420
Handball, game	348	6,960
HIIT (High Intensity Interval Training)	239	4,780
Hiking	172	3,440
Hockey, field & ice	240	4,800
Horseback riding, trotting	102	2,040
Horseback riding, leisurely	31	620
Housework, vacuuming or mopping	107	2,140

If your activity is not listed above, you can find a similar activity and estimate the step value or you can calculate your steps by estimating that every mile of activity equals 2,000 steps. Now let's get to stepping!

Step conversion chart (continued)

Activity	Steps / min	Steps / 20 min	Activity	Steps / min	Steps / 20 min
Housework, cleaning, intense	121	2,420	Skiing, cross-country, leisurely	114	2,280
Housework, cleaning, light	76	1,520	Skiing, downhill	133	2,660
Hula hooping	90	1,800	Skiing, water	174	3,480
Jumping rope, moderate/fast	244	4,880	Sledding	158	3,160
Jumping rope, leisurely	178	3,560	Snowboarding	150	3,000
Judo, karate	236	4,720	Snowshoeing	178	3,560
Kayaking	152	3,040	Snow shoveling	145	2,900
Kickball	212	4,240	Soccer, competitive	218	4,360
Kickboxing	290	5,800	Soccer, recreational	144	2,880
Miniature golf	91	1,820	Softball or baseball	152	3,040
Mowing lawn	160	3,200	Squash	348	6,960
P90X™	160	3,200	Stair climbing, upstairs	181	3,620
Paddle boarding	145	2,900	Stair climbing, downstairs	71	1,420
Pilates	91	1,820	Stair climbing machine	121	2,420
Ping pong	121	2,420	Swimming, leisure	133	2,660
Plyometrics	352	7,040	Swimming laps, intense	303	6,060
Racquetball, competitive	254	5,080	Swimming laps, moderate	212	4,240
Racquetball, leisurely	181	3,620	Tai Chi	40	800
Rock climbing, ascending	333	6,660	Tae Kwon Do	290	5,800
Rock climbing, rappelling	242	4,840	Tennis, singles	178	3,560
Rowing, intense	203	4,060	Tennis, doubles	102	2,040
Rowing, moderate	147	2,940	Trampoline	90	1,800
Rowing, leisurely	101	2,020	Volleyball, game	120	2,400
SilverSneakers™	116	2,320	Volleyball, leisurely	70	1,400
Sit-ups/push-ups/crunches	100	2,000	Washing the car	76	1,520
Skating, ice, moderate	147	2,440	Waterskiing/wakeboarding	145	2,900
Skating, ice, leisurely	84	1,680	Weightlifting	67	1,340
Skating, in-line	190	3,800	Wheelchair	101	2,020
Skating, roller-skating	156	3,120	Wrestling	145	2,900
Skiing, cross-country, intense	256	5,120	Yoga	107	2,140
Skiing, cross-country, moderate	164	3,280	Zumba™	181	3,620

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