

Conversion Chart

Activity	Average steps per 15 minute
Walking	1500
Skateboarding	2273
Waterskiing	2727
Rugby	4545
Inline skating	5455
Climbing - rock or mountain	4091
Frisbee	1364
Children's Playground games	2045
Gymnastics	1818
Jump rope	4545
Kickball	3182
Roller Skating	3182
Circuit training	3636
Aerobic dance	2955
Basketball shooting hoops	2045
Basketball -game	3636
Badminton	2045
Square dancing	2045
Volleyball	1818
Tennis	3182
Handball	5455
Field Hockey	3636
Ice Skating	3182
Skiing - Cross Country	3636
Skiing - Downhill	2727
Snowmobiling	1591
Sledding	3182
Weight Lifting	1818
Yoga	1136
Wrestling	2727
Tai Chi	1818
Table Tennis	1818
Step Aerobics	4091
Squash	5455

Conversion charts (continued)

Activity	Average steps per 15 minute
Soccer	3183
Cycling	5455
Canoeing	1591
Rock Climbing	4091
Croquet	1136
Football	3636
Frisbee	1364
Gardening	1818
Golf	2045
Hiking	2727
Kayaking	2273
Lacrosse	3636
Lawn Bowling	1364
Miniature Golf	1364
Raking Leaves	1818
Rugby	4545
Sailing / Windsurfing	1364
Softball	2273
Surfing	1364
Waterskiing	2727
Water Aerobics	1818
Martial Arts	4545
Ice Hockey	3636
Sledding	3182
Jogging	3182

These charts are based on MET- Metabolic Equivalents of various physical activities.

Taken from: Ainsworth BE, Haskel WL, Whitt ML, Swartz AM, Strath SJ, Bassett DR Jr, Schmitz KH, Emplainment PO, Jacobs

Dr Jr, Leon AS. Compendium of Physical Activities: An update of activity codes and MET intensities. Med Sci Sports Exercise 2000;32 (Supp1):S498-S516. November 13, 2007