

Walking Pedometer Steps Equivalentents

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

1 block = 200 average steps

Activity - Steps per 15 Minutes	
Walking 3 mph - 1500	Lawn mowing -power mower - 2273
Walking slow - under 2 mph - 909	Martial arts - 4545
Walking slow - 2 mph - 1136	Miniature golf - 1364
Walking 3.5 miles per hour - 1727	Punching bag - 2727
Walking 4 miles per hour - 2273	Raking lawn and leaves - 1818
Walking 5 miles per hour - 3636	Racquetball - 3182
Race walking - 2955	Roller skating - 3182
Aerobic dance - 2955	Rowing machine - 3182
Backpacking - 3182	Rowing machine, vigorous - 3864
Badminton - 2045	Rugby - 4545
Ballroom dancing - fast - 2500	Running - 5 mph - 12 minute miles - 3636
Ballroom dancing - slow - 1364	Running - 6 mph - 10 minute miles - 4545
Basketball - shooting baskets - 2045	Running - 7 mph - 8.5 minute miles - 5227
Basketball game - 3636	Running - 8 mph - 7.5 minute miles - 6136
Bicycling - 3636	Sailing, boat and board, windsurfing - 1364
Bicycling fast - 5455	Scuba diving - 3182
Bicycling under 10 mph - 1818	Shopping - 1045
Billiards/pool - 1136	Sitting - 455
Bowling - 1364	Skateboarding - 2273
Calisthenics - vigorous - 3636	Ski machine - 3182
Calisthenics - light to moderate - 1591	Skiing - cross country - 3636
Canoeing - 1591	Skiing - downhill - 2727
Children's playground games - 2045	Skimobiling - 3182
Circuit training - 3636	Sledding - 3182
Climbing - rock or mountain - 4091	Snorkeling - 2273
Cooking - 909	Snowmobiling - 1591
Croquet - 1136	Soccer - 3182
Fencing - 2727	Softball - 2273
Fishing - 1364	Square dancing - 2045
Football - 3636	Squash - 5455
Frisbee - 1364	Stairmaster - 4091
Gardening - 1818	Stationary bicycling (moderate effort) - 3182
Golf - 2045	Stationary bicycling (vigorous effort) - 4773
Gymnastics - 1818	Step aerobics - 4091
Handball - 5455	Stretching, yoga - 1136
Health club exercise, general - 2500	Surfing - 1364
Hiking - 2727	Swimming laps - moderate - 3182
Hiking - orienteering - 4091	Swimming laps - vigorous - 4545
Hockey - field and ice - 3636	Swimming leisurely - 2727
Home/auto repair and shop tasks - 1364	Table tennis - 1818
Horseback riding - 1818	Tai chi - 1818
House cleaning - 1364	Tennis - 3182
Hunting - 2273	Volleyball - 1818
Ice Skating - 3182	Water aerobics - 1818
Inline skating - 5455	Water aerobics - 1818
Jazzercise - 2727	Water jogging - 3636
Jogging - 3182	Water polo - 4545
Jogging on mini-trampoline - 2045	Waterskiing - 2727
Jump rope - 4545	Weight lifting, moderate effort - 1818
Kayaking - 2273	Weight lifting, vigorous effort - 2727
Kickball - 3182	Wrestling - 2727
Lacrosse - 3636	Yoga - 1136
Lawn bowling, shuffleboard - 1364	