



# Steps Conversion Chart

At times when you don't want to—or can't—wear your Fitbit (e.g., swimming), refer to the chart below. Simply find the activity and multiply the number of minutes you engaged in the activity by the equivalent steps per minute (spm) as indicated on the chart. If an activity is not on the list, you can get close enough by finding an activity on the table that is most similar and estimating its value. Keep in mind these values provide an estimate based on step count.

ACTIVITY	SPM
Aerobic dancing, low impact	118
Aerobic dancing, strenuously	140
Badminton, competitive	136
Badminton, recreational	98
Basketball, recreational	129
Boxing in a ring, competitive	213
Canoeing, leisurely	100
Carrying logs	176
Cross-country skiing	114
Cross-country skiing, moderately	164
Cross-country skiing, rapidly	256
Cycling at 5.5 mph	51
Cycling at 10 mph	93
Cycling, competitive racing (20 mph)	160
Dancing, choreographed	158
Dancing socially (rock, disco, etc.)	93
Elliptical trainer, medium speed	200

ACTIVITY	SPM
Gardening (seated/kneeling)	73
Handball, recreational	142
Hoeing in a garden	93
Horseback riding, leisurely	31
Horseback riding, trotting	102
Ice skating, leisurely	84
Ice skating, competitive	162
Inline skating	93
Judo, competitive	187
Mopping floors	51
Mountain climbing	153
Mowing the lawn	135
Painting (houses, fences, etc.)	78
Racquetball, competitive	198
Racquetball, recreational	138
Roller-skating, competitive	173
Rowing at 12 mph	289



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ACTIVITY	SPM
Running an 8-minute mile	200
Running a 9-minute mile	184
Sawing wood with a handsaw	113
Shoveling heavy snow	278
Skiing downhill, slowly	109
Skipping rope, 120–170 turns/minute	167
Soccer, recreational	144
Soccer, competitive	218
Stacking firewood	89
Stair-climbing at 26 stairs/minute	89
Stair-climbing at 39 stairs/minute	133
Stair-climbing at 52 stairs/minute	180
Stair-climbing at 78 stairs/minute	267
Stair-climbing at 91 stairs/minute	309
Stair-climbing at 100 stairs/minute	311
Step aerobics	145
Swimming a backstroke at 1 mph	111

ACTIVITY	SPM
Swimming a backstroke at 2 mph	196
Swimming, breast stroke 1 mph	89
Swimming breast stroke 2 mph	178
Swimming, crawl stroke 1 mph	91
Swimming, crawl stroke 2 mph	156
Swimming, treading water	98
Tennis, competitive doubles	102
Vacuuming	51
Walking at a normal pace	100
Walking in water, leisurely	49
Waterskiing	104
Weightlifting (abdominal only)	64
Weightlifting (arms only)	42
Weightlifting (back only)	80
Weightlifting (legs only)	96
Weightlifting (shoulders only)	69
Yoga	100