

Steps-Per-Minute CONVERSION CHART

Use the chart below to manually convert your activities into steps.

No fitness tracker? No problem.

Simply find the activity's Steps-Per-Minute (SPM): Multiply by the number of minutes you spent doing the activity (in other words: # Minutes Spent x SPM = # STEPS)

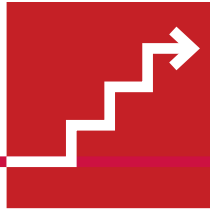
Then, manually add your steps to the Count.It app!

ACTIVITY	SPM	ACTIVITY	SPM
Aerobic dancing, low impact	118	Gardening (seated/kneeling)	73
Aerobic dancing, strenuously	140	Handball, recreational	142
Badminton, competitive	136	Hoeing in a garden	93
Badminton, recreational	129	Horseback riding, leisurely	31
Basketball, recreational	129	Horseback riding, trotting	102
Boxing in a ring, competitive	213	Ice skating, leisurely	84
Canoeing, leisurely	100	Ice skating, competitive	162
Carrying logs	176	Inline skating	93
Cross-country skiing	114	Judo, competitive	187
Cross-country skiing, moderately	164	Mopping floors	51
Cross-country skiing, rapidly	256	Mountain climbing	153
Cycling at 5.5 mph	51	Mowing the lawn	135
Cycling at 10 mph	93	Painting (houses, fences, etc.)	78
Cycling, competitive (20 mph)	160	Racquetball, competitive	198
Dancing, choreographed	158	Racquetball, recreational	138
Dancing socially (rock, disco, etc)	93	Roller-skating, competitive	173
Elliptical trainer, medium speed	200	Rowing at 12 mph	289

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 estimate its value.

FP&M Step Challenge | visit go.wisc.edu/fpm-steps for more information





Steps-Per-Minute CONVERSION CHART (Cont'd)

ACTIVITY	SPM	ACTIVITY	SPM
Running an 8-minute mile	200	Swimming a backstroke at 2 mph	196
Running a 9-minute mile	184	Swimming, breast stroke 1 mph	89
Sawing wood with a handsaw	113	Swimming, breast stroke 2 mph	178
Shoveling heavy snow	278	Swimming, crawl stroke 1 mph	91
Skiing downhill, slowly	109	Swimming, crawl stroke 2 mph	156
Skipping rope, 120-170 turns/min	167	Swimming, treading water	98
Soccer, recreational	144	Tennis, competitive doubles	102
Soccer, competitive	218	Vacuuming	51
Stacking firewood	89	Walking at a normal pace	100
Stair-climbing at 26 stairs/min	89	Walking in water, leisurely	49
Stair-climbing at 39 stairs/min	133	Waterskiing	104
Stair-climbing at 52 stairs/min	180	Weightlifting (abdominal only)	64
Stair-climbing at 78 stairs/min	267	Weightlifting (arms only)	42
Stair-climbing at 91 stairs/min	309	Weightlifting (back only)	80
Stair climbing at 100 stairs/min	311	Weightlifting (legs only)	96
Step aerobics	145	Weightlifting (shoulders only)	69
Swimming a backstroke at 1 mph	111	Yoga	100

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**Facilities Planning
& Management**
UNIVERSITY OF WISCONSIN-MADISON



FP&M Wellness Committee:
Supporting the overall well-being of FP&M employees