

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 3181.5 steps. (30 minutes x 106.05). Clean floors AND active steps - now that's a win win.

Activity	Steps / 20 min	Steps / min
Aerobics, high intensity	4848	242
Aerobics, low intensity	2121	106.05
Aerobics, water	2424	121.2
Badminton, game	4242	212.1
Badminton, recreational	2727	136.35
Ballet dancing	2400	120
Billiards/pool	1520	76
Body Weight Exercises (e.g. Squats)	2000	100
Basketball, game	4848	242.4
Basketball, recreational	3636	181.8
Bowling	1818	90.9
Boxing, competitive, in a ring	7273	363.65
Boxing, non-competitive	3636	181.8
Canoeing, leisurely	2424	121.2
Circuit training	4848	242.4
CrossFit fast TM	4350	217.5
CrossFit slow TM	2850	142.5
Cycling, <10 mph, leisurely	2424	121.2
Cycling, 11 – 13 mph, moderate	4848	242.4
Cycling, 14 - 16 mph, intense	6061	303.05
Dancing, fast	2727	136.35
Dancing, slow	1818	90.9
Dodgeball	3500	175
Elliptical trainer	4060	203
Frisbee	1820	91
Football, game	5455	272.75

Activity	Steps / 20 min	Steps / min
Football, leisurely	4848	242.4
Gardening, heavy	3030	151.5
Gardening, moderate	2424	121.2
Golfing, walking, no cart	2727	136.35
Golfing, with a cart	2121	106.05
Golfing, miniature or driving range	1818	90.9
Gymnastics	2424	121.2
Handball, game	7273	363.65
HIIT (High Intensity Interval Training)	4780	239
Hiking	3440	172
Hockey, ice	4848	242.4
Hockey, field	4848	242.4
Horseback riding, leisurely	1515	75.75
Horseback riding, trotting	3939	196.95
Housework, vacuuming or mopping	2121	106.05
Housework, cleaning, intense	2424	121.2
Housework, cleaning, light	1515	75.75
Hula Hooping	1800	90
Judo & Karate	4720	236
Kayaking	3040	152
Kickball	4240	212
Kickboxing	5800	290
Miniature golf	1820	91
Mowing lawn	3333	166.65
P90X TM	3200	160
Paddle Boarding	2900	145

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Activity	Steps / 20 min	Steps / min
Pilates	1820	91
Ping pong	2424	121.2
Plyometrics	7040	352
Racquetball, competitive	6061	303.05
Racquetball, leisurely	4242	212.1
Rock climbing, ascending	6667	333.35
Rock climbing, rappelling	4848	242.4
Rope jumping, intense	2424	121.2
Rope jumping, leisurely	4848	242.4
Rowing, intense	5152	257.6
Rowing, moderate	4848	242
Rowing, leisurely	2121	106.05
SilverSneakers™	2320	116
Sit-ups/Push-ups/Crunches	2000	100
Skating, ice, intense	2424	121.2
Skating, ice, leisurely	4242	212.1
Skating, in-line	2727	136.35
Skating, roller-skating	4848	242.4
Skating, skateboarding	3636	181.8
Skiing, cross-country, intense	1818	90.9
Skiing, cross-country, moderate	7273	363.65
Skiing, cross-country, leisurely	3636	181.8
Skiing, downhill	2424	121.2
Skiing, water	4848	242.4
Sledding	2000	100
Snowboarding	2180	109

Activity	Steps / 20 min	Steps / min
Snowshoeing	6061	303.05
Snow shoveling	2727	136.35
Soccer, game	1818	90.9
Soccer, recreational	5455	272.75
Softball or baseball	4848	242.4
Squash	3030	151.5
Stair climbing, downstairs	1420	71
Stair climbing, upstairs	3620	181
Stair climbing machine	2424	121.2
Swimming laps, intense	2727	136.35
Swimming laps, moderate	2121	106.05
Tai Chi	1818	90.9
Tae Kwon Do	5800	290
Tennis, doubles	2424	121.2
Tennis, singles	7273	363.65
Trampoline	1800	90
Volleyball, game	4848	242.4
Volleyball, recreational	4848	242.4
Washing the car	1515	75.75
Waterskiing/Wakeboarding	2900	145
Weightlifting	3939	196.95
Wheelchair	2020	101
Wrestling	2900	145
Yoga	2121	106.05
Zumba™	3620	181