Counting steps for other activities:

STEP CONVERTER

CHART ON REVERSE >

- For those times when you choose an activity other than walking, check the step converter chart to determine the equivalent number of steps for that activity.
- Simply multiply the number of minutes you did the activity by the number of steps indicated on the chart. For example, 30 minutes of leisure swimming equals 3,990 steps (133 steps x 30 minutes).
- If your activity is not listed on the chart, find the one(s) most similar to it and estimate the activity's step value.
- Note: To receive the most accurate "step conversion," you should remove your pedometer when choosing an activity other than walking. (But don't reset it to zero! Just set it aside.) It is best to use the step conversion chart to calculate your steps during a non-walking activity and add those steps to the total number reflected on your pedometer at the end of the day.





STEP CONVERTER

| Aerobic dancing, low impact118Aerobic dancing, strenuous140Aerobics, high impact182Aerobics, low impact125Aerobics, moderate154Badminton98Baseball111Basketball, game2300Basketball, recreational100Bicycling, leisure (10–11.9 mph)1000Bicycling, vigorous (14–15.9 mph)2500Billiards777Bowling87Boxing, non-competitive2131Canoeing, leisure1001Circuit training178Cricket1111Curling98Dancing, choreographed158Dancing, social93Firewood, chopping133Firewood, sawing113Firewood, sawing111Football189Firishing, from river bank and walking1111Football77Gardening, heavy77Gardening, nonderate178Firishing, from river bank and walking113Firewood, sawing113Firewood, chopping133Firewood, sawing113Firewood, sawing116Gardening, heavy <td< th=""><th>ΑCTIVITY</th><th>STEPS PER MINUTE</th></td<> | ΑCTIVITY | STEPS PER MINUTE |
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