

Activity	Steps/ Minute	MoveSpring 15	30 Minutes	60 Minutes (1 hr.)	90 Minutes (1.5 hr.)	120 Minutes (2 hr.)	150 Minutes (2.5 hr.)	180 Minutes (3 hr.)
Aerobics Class	153	2295	4590	9180	13770	18360	22950	27540
Archery	102	1530	3060	6120	9180	12240	15300	18360
Backpacking, uphill	242	3630	7260	14520	21780	29040	36300	43560
Badminton	136	2040	4080	8160	12240	16320	20400	24480
Baseball	111	1665	3330	6660	9990	13320	16650	19980
Basketball, game	133	1995	3990	7980	11970	15960	19950	23940
Bicycling, 10 mph easy	133	1995	3990	7980	11970	15960	19950	23940
Bicycling, 13 mph moderate	178	2670	5340	10680	16020	21360	26700	32040
Bicycling, 15 mph vigorous	222	3330	6660	13320	19980	26640	33300	39960
Billiards/pool	77	1155	2310	4620	6930	9240	11550	13860
Bowling	87	1305	2610	5220	7830	10440	13050	15660
Boxing, noncompetitive	131	1965	3930	7860	11790	15720	19650	23580
Calisthenics	106	1590	3180	6360	9540	12720	15900	19080
Canoeing	106	1590	3180	6360	9540	12720	15900	19080
Chopping Wood	133	1995	3990	7980	11970	15960	19950	23940
Circuit training, general	178	2670	5340	10680	16020	21360	26700	32040
Cleaning house	78	1170	2340	4680	7020	9360	11700	14040
Climbing, rock or mountain	270	4050	8100	16200	24300	32400	40500	48600
Cycling (easy)	130	1950	3900	7800	11700	15600	19500	23400
Cycling (moderate)	170	2550	5100	10200	15300	20400	25500	30600
Cycling (vigorous)	200	3000	6000	12000	18000	24000	30000	36000
Dancing, aerobic	133	1995	3990	7980	11970	15960	19950	23940
Dancing, general	109	1635	3270	6540	9810	13080	16350	19620
Elliptical machine	203	3045	6090	12180	18270	24360	30450	36540
Fencing	133	1995	3990	7980	11970	15960	19950	23940
Fishing, sitting	91	1365	2730	5460	8190	10920	13650	16380
Fitness class – low impact	152	2280	4560	9120	13680	18240	22800	27360
Fitness class – high impact	212	3180	6360	12720	19080	25440	31800	38160
Football	189	2835	5670	11340	17010	22680	28350	34020
Frisbee	67	1005	2010	4020	6030	8040	10050	12060
Gardening	131	1965	3930	7860	11790	15720	19650	23580
Golf, cart	97	1455	2910	5820	8730	11640	14550	17460

Gymnastics	89	1335	2670	5340	8010	10680	13350	16020
Handball	267	4005	8010	16020	24030	32040	40050	48060
High Intensity Interval Trng.	200	3000	6000	12000	18000	24000	30000	36000
Hiking, general	172	2580	5160	10320	15480	20640	25800	30960
Ice skating	122	1830	3660	7320	10980	14640	18300	21960
Jogging	156	2340	4680	9360	14040	18720	23400	28080
Judo & Karate	236	3540	7080	14160	21240	28320	35400	42480
Jumping rope, moderate	250	3750	7500	15000	22500	30000	37500	45000
Kayaking	152	2280	4560	9120	13680	18240	22800	27360
Kickboxing	290	4350	8700	17400	26100	34800	43500	52200
Lacrosse	242	3630	7260	14520	21780	29040	36300	43560
Line dancing	139	2085	4170	8340	12510	16680	20850	25020
Miniature golf	91	1365	2730	5460	8190	10920	13650	16380
Mowing (push mower)	160	2400	4800	9600	14400	19200	24000	28800
Mopping	101	1515	3030	6060	9090	12120	15150	18180
Pickleball	150	2250	4500	9000	13500	18000	22500	27000
Pilates	101	1515	3030	6060	9090	12120	15150	18180
Ping Pong	120	1800	3600	7200	10800	14400	18000	21600
Racquetball, moderate	181	2715	5430	10860	16290	21720	27150	32580
Rock climbing	244	3660	7320	14640	21960	29280	36600	43920
Rollerblading/skating	156	2340	4680	9360	14040	18720	23400	28080
Rowing machine, moderate	147	2205	4410	8820	13230	17640	22050	26460
Rowing machine, vigorous	189	2835	5670	11340	17010	22680	28350	34020
Rugby	303	4545	9090	18180	27270	36360	45450	54540
Running, 8 minute mile	278	4170	8340	16680	25020	33360	41700	50040
Running, 10 minute mile	222	3330	6660	13320	19980	26640	33300	39960
Running, 12 minute mile	178	2670	5340	10680	16020	21360	26700	32040
Scuba diving	212	3180	6360	12720	19080	25440	31800	38160
Skateboarding	152	2280	4560	9120	13680	18240	22800	27360
Skiing, cross-country	109	1635	3270	6540	9810	13080	16350	19620
Snowshoeing	182	2730	5460	10920	16380	21840	27300	32760
Soccer, Recreational	145	2175	4350	8700	13050	17400	21750	26100
Softball	152	2280	4560	9120	13680	18240	22800	27360

Spinning class	240	3600	7200	14400	21600	28800	36000	43200
Stair climbing, leisurely	200	3000	6000	12000	18000	24000	30000	36000
Stretching	15	225	450	900	1350	1800	2250	2700
Surfing	91	1365	2730	5460	8190	10920	13650	16380
Swimming, leisurely	133	1995	3990	7980	11970	15960	19950	23940
Swimming laps, moderate	174	2610	5220	10440	15660	20880	26100	31320
Swimming laps, vigorous	303	4545	9090	18180	27270	36360	45450	54540
Table Tennis	120	1800	3600	7200	10800	14400	18000	21600
Tae Kwon Do	290	4350	8700	17400	26100	34800	43500	52200
Tai chi	40	600	1200	2400	3600	4800	6000	7200
Tennis, singles	178	2670	5340	10680	16020	21360	26700	32040
Tennis, doubles	133	1995	3990	7980	11970	15960	19950	23940
Vacuuming	87	1305	2610	5220	7830	10440	13050	15660
Volleyball	87	1305	2610	5220	7830	10440	13050	15660
Walking Average (20 min. mile)	100	1500	3000	6000	9000	12000	15000	18000
Walking, Power Walk (15 min. mile)	152	2280	4560	9120	13680	18240	22800	27360
Walking, Stroll (30 min. mile)	76	1140	2280	4560	6840	9120	11400	13680
Washing Car	87	1305	2610	5220	7830	10440	13050	15660
Water Aerobics	116	1740	3480	6960	10440	13920	17400	20880
Water Polo	303	4545	9090	18180	27270	36360	45450	54540
Weight lifting	87	1305	2610	5220	7830	10440	13050	15660
Wheelchair user (manual)	101	1515	3030	6060	9090	12120	15150	18180
Wrestling	145	2175	4350	8700	13050	17400	21750	26100
Yard work	111	1665	3330	6660	9990	13320	16650	19980
Yoga	88	1320	2640	5280	7920	10560	13200	15840
Zumba	148	2220	4440	8880	13320	17760	22200	26640