|  |  |
| --- | --- |
| Activity | Steps/Min. |
| Aerobic dance | 197 |
| Backpacking | 212 |
| Badminton | 136 |
| Basketball - shooting baskets | 136 |
| Basketball game  | 242 |
| Bicycling  | 242 |
| Bicycling fast  | 364 |
| Bicycling under 10 mph  | 121 |
| Billiards/pool  | 76 |
| Bowling  | 91 |
| Canoeing  | 106 |
| Circuit training  | 242 |
| Climbing - rock or mountain  | 273 |
| Cooking  | 61 |
| Fencing  | 182 |
| Fishing  | 91 |
| Football | 242 |
| Frisbee  | 91 |
| Gardening  | 121 |
| Golf  | 136 |
| Grocery Shopping | 67 |
| Gymnastics | 121 |
|  | 182 |
| Hockey  | 242 |
| Horseback riding  | 90 |
| Inline skating  | 364 |
| Jazzercise  | 182 |
| Jogging  | 212 |
| Jump rope  | 303 |
| Kayaking  | 152 |
| Kickball  | 212 |
| Lawn mowing -power mower | 152 |
| Martial arts  | 303 |
| Miniature golf  | 91 |
| Punching bag  | 182 |
| Raking lawn and leaves  | 121 |
| Racquetball  | 212 |
| Roller skating  | 212 |
| Rowing machine  | 212 |
| Rowing machine, vigorous  | 258 |
| Running -12-minute miles  | 242 |
| Running - 10-minute miles  | 303 |
| Running - 8.5-minute miles  | 348 |
| Running - 7.5-minute miles  | 409 |
| Sailing, boat and board  | 91 |
| Scuba diving  | 212 |
| Skateboarding  | 152 |
| Snorkeling  | 152 |
| Soccer  | 212 |
| Softball  | 152 |
| Square dancing  | 136 |
| Stairmaster  | 273 |
| Step aerobics  | 273 |
| Stretching, yoga  | 76 |
| Surfing  | 91 |
| Swimming laps - moderate  | 212 |
| Swimming leisurely  | 182 |
| Tennis  | 212 |
| Vacuuming  | 94 |
| Volleyball  | 121 |
| Water aerobics  | 121 |
| Water jogging  | 242 |
| Water polo  | 303 |
| Waterskiing  | 182 |
| Weight lifting, moderate  | 121 |
| Weight Lifting, vigorous  | 82 |
| Wheelchair use | 101 |
| Wrestling  | 182 |
| Yard work  | 145 |
| Yoga  | 76 |