

# Do movement math.

Find the activity in the chart below. Multiply its steps per minute by your minutes of movement to estimate total steps (e.g., 233 steps/min × 12 min = 2,796 steps).

Exercise Activities	
Activity Name	Steps per Minute
Basketball, casual shooting	150
Bicycling (leisure, 10 mph)	133
Bicycling (moderate effort, 12–14 mph)	266
Bicycling (vigorous, 16 mph)	400
Dancing, aerobic / Zumba	233
Dancing, social	150
Elliptical trainer (moderate effort)	166
Golf using cart	117
Golf, walking	150
HIIT workout (high intensity interval training)	233
Hiking (moderate effort)	200
Hiking, uphill with load	260
Jogging	233
Martial Arts, beginner	176
Pilates	100
Rowing machine (moderate effort)	233
Running (6 mph)	326
Skiing	233
Strength training (light to moderate effort)	116
Strength training (vigorous)	200
Swimming (leisurely)	200
Swimming (vigorous laps)	300
Tai chi or qi gong	110
Tennis/Pickleball, singles	243
Video exercise moderate (strength/cardio)	133
Video exercise (seated, light effort)	83
Walking, brisk (3 mph)	110
Walking, slow (2 mph)	83
Water aerobics	183
Yoga	83

Daily Activities	
Activity Name	Steps per Minute
<b>INDOOR</b>	
Carrying items (10–20 lbs.)	166
Changing sheets on bed	110
Childcare (seated, light effort)	66
Cooking, meal prep	66
Dishwashing (standing)	83
Elder care; disabled adult	100
Grocery shopping (with cart)	83
Laundry, folding/ironing	76
Mopping floors	116
Stairs (moderate pace)	150
Standing, playing with child(ren), (light effort)	93
Sweeping floors	110
Vacuuming/house cleaning	116
<b>OUTDOOR</b>	
Digging (light to moderate effort)	116
Gardening (moderate effort)	126
Home repair (light effort)	83
Mowing (walking, moderate)	183
Painting, interior	110
Raking leaves	133
Shoveling snow (light effort)	176
Shoveling snow (vigorous)	250
Washing car	66
Weeding	150
Yardwork (moderate effort)	133

Sources: Ainsworth et al., 2024; Herrmann et al., 2024; Marshall et al., 2009; Ndahimana & Kim, 2017