|  |  |
| --- | --- |
| 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 |