

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Elliptical trainer	203	Jumping rope, moderate	250
Fencing	182	Kayaking	152
Football	199	Kickball	212
Frisbee	91	Kickboxing	290
Gardening	80	Lacrosse	242
Golf, carrying clubs	109	Pilates	91
Golf, powered cart	80	Punching bag	180
Gymnastics	121	Racquetball, casual	181
Handball	348	Racquetball, competitive	254
Hiking	172	Rock climbing	244
Hockey, field and ice	240	Rollerblading	156
Housework, light	72	Rowing	212
Horse Riding	137	Rugby	303
Ice skating, general	84	Sailing, boat and board	91
Ice skating, moderate	122	Skateboarding	102
In-line skating	190	Skee-ball	52
Jogging	181	Skiing, light/moderate	109
Judo & Karate	236	Skiing, cross-country	114
Jumping rope, fast	300	Sledding	158

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ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Snowboarding	182	Water skiing	145
Snowshoeing	181	Weight lifting	67
Soccer, recreational	145	Wheeling, leisurely (wheelchair)	70
Soccer, competitive	181	Wheeling, fast (wheelchair)	137
Softball	152	Wrestling	145
Spinning	200	Yard work	89
Squash	348	Yoga	45
Stair climbing, machine	200		
Surfing	91		
Swimming, freestyle	181		
Table tennis	120		
Tae Bo	250		
Tae Kwon Do	290		
Tai Chi	40		
Tennis	200		
Trampoline	90		
Volleyball	91		
Water aerobics	116		
Water polo	303		