

Code	Title	Steps per Minute
aerobic-dancing-class	Aerobic dancing class	127
aerobic-fitness-class	Aerobic fitness class	181
aerobics-low-impact	Aerobics, low impact	125
aerobics-step	Aerobics, step	153
badminton-casual	Badminton, casual	131
badminton-competitive	Badminton, competitive	160
ballet-dancing	Ballet dancing	120
baseball	Baseball	130
basketball-game	Basketball, game	130
basketball-recreational	Basketball, recreational	100
boxing-non-competitive	Boxing, non-competitive	110
boxing-competitive	Boxing, competitive	180
canoeing	Canoeing	91
cheerleading	Cheerleading	100
circuit-training	Circuit training	180
cricket	Cricket	80
climbing-rock-mountain	Climbing, rock/mountain	190
cycling-easy-pace	Cycling, easy pace	130
cycling-moderate-pace	Cycling, moderate pace	170
cycling-vigorous-pace	Cycling, vigorous pace	200
dancing	Dancing	109
elliptical-trainer	Elliptical trainer	170
fencing	Fencing	170
football	Football	170
frisbee	Frisbee	100
gardening	Gardening	60
golf-carrying-clubs	Golf, carrying clubs	110
golf-powered-cart	Golf, powered cart	40
gymnastics	Gymnastics	130
handball	Handball	180
hiking	Hiking	170
hockey-field-and-ice	Hockey, field and ice	200
horse-riding	Horse Riding	137
housework-light	Housework, light	72
ice-skating-general	Ice skating, general	84
ice-skating-moderate	Ice skating, moderate	122
in-line-skating	In-line skating	190
jogging	Jogging	180
judo-amp-karate	Judo & Karate	190
jumping-rope-fast	Jumping rope, fast	210
jumping-rope-moderate	Jumping rope, moderate	160
kayaking	Kayaking	152
kickball	Kickball	200
kickboxing	Kickboxing	210
lacrosse	Lacrosse	190

Code	Title	Steps per Minute
netball	Netball	170
pilates	Pilates	91
punching-bag	Punching bag	180
racquetball-casual	Racquetball, casual	130
racquetball-competitive	Racquetball, competitive	180
rock-climbing	Rock climbing	200
rollerblading	Rollerblading	156
rowing	Rowing	210
rugby	Rugby	190
sailing-boat-and-board	Sailing, boat and board	91
skateboarding	Skateboarding	102
skeeball	Skeeball	52
skiing-light-moderate	Skiing, light/moderate	109
skiing-cross-country	Skiing, cross-country	114
sledding	Sledding	120
snowboarding	Snowboarding	182
snowshoeing	Snowshoeing	181
soccer-recreational	Soccer, recreational	145
soccer-competitive	Soccer, competitive	181
softball	Softball	152
spinning	Spinning	200
squash	Squash	190
stair-climbing-machine	Stair climbing, machine	180
surfing	Surfing	130
swimming-freestyle	Swimming, freestyle	180
table-tennis	Table tennis	120
tae-bo	Tae Bo	190
tae-kwon-do	Tae Kwon Do	190
tai-chi	Tai Chi	40
tennis	Tennis	170
trampoline	Trampoline	90
volleyball	Volleyball	130
walking	Walking	90
water-aerobics	Water aerobics	120
water-polo	Water polo	200
water-skiing	Water skiing	145
weight-lifting	Weight lifting	100
wheeling-leisurely-wheelchair	Wheeling, leisurely (wheelchair)	70
wheeling-fast-wheelchair	Wheeling, fast (wheelchair)	137
wrestling	Wrestling	170
yard-work	Yard work	89
yoga	Yoga	45