Walking Pedometer Steps Equivalents

**These are guidelines. Use your best and honest judgment in converting activities to Moon Walk miles.

1 mile = 2000 average steps (range 1900-2400)
1 block = 200 average steps

Activity - Steps per minute

Walking 3 mph - 100
Walking slow - under 2 mph - 61
Walking slow - 2 mph - 67
Walking 3.5 miles per hour - 115
Walking 4 miles per hour - 152
Walking 5 miles per hour - 242
Racewalking - 197
Aerobic dance - 197
Backpacking - 212
Badminton - 136
Ballroom dancing - fast - 167
Ballroom dancing - slow - 91
Basketball - shooting baskets - 136
Basketball game - 242
Bicycling - 242
Bicycling fast - 364
Bicycling under 10 mph - 121
Bowling - 91
Calisthenics - vigorous - 242
Calisthenics - light to moderate - 106
Canoeing - 106
Children's playground games - 136
Circuit training - 242
Climbing - rock or mountain - 273
Cooking - 61
Croquet - 76
Fencing - 182
Fishing - 91
Football - 242
Frisbee - 91
Gardening - 121
Golf - 136
Gymnastics - 121
Handball - 364
Health club exercise, general - 167

Hiking - 182
Hiking - orienteering - 273
Hockey - field and ice - 242
Home/auto repair and shop tasks - 91
Horseback riding - 121
House cleaning - 91
Hunting - 152
Ice Skating - 212
Inline skating - 364
Jazzercise - 182
Jogging - 212
Jogging on mini-trampoline - 136
Jump rope - 303
Kayaking - 152
Kickball - 212
Lacrosse - 242
Lawn bowling, shuffleboard - 91
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
Rugby - 303
Running - 5 mph - 12 minute miles - 242
Running - 6 mph - 10 minute miles - 303
Running - 7 mph - 8.5 minute miles - 348
Running - 8 mph - 7.5 minute miles - 409
Sailing, boat and board, windsurfing - 91
Scuba diving - 212
Shopping - 70
Skateboarding - 152
Ski machine - 212
Skiing - cross country - 242
Skiing - downhill - 182
Skimobiling - 212
Sledding - 212
Snorkeling - 152
Snowmobiling - 106
Soccer - 212
Softball - 152

Square dancing - 136
Squash - 364
Stairmaster - 273
Stationary bicycling (moderate effort) - 212
Stationary bicycling (vigorous effort) - 318
Step aerobics - 273
Stretching, yoga - 76
Surfing - 91
Swimming laps - moderate - 212
Swimming laps - vigorous - 303
Swimming leisurely - 182
Table tennis - 121
Tai chi - 121
Tennis - 212
Volleyball - 121
Water aerobics - 121
Water aerobics - 121
Water jogging - 242
Water polo - 303
Waterskiing - 182
Weight lifting, moderate effort - 121
Weight lifting, vigorous effort - 182
Wrestling - 182
Yoga – 76

Activity - Steps per 15 Minutes

Walking 3 mph - 1500
Walking slow - under 2 mph - 909
Walking slow - 2 mph - 1136
Walking 3.5 miles per hour - 1727
Walking 4 miles per hour - 2273
Walking 5 miles per hour - 3636
Race walking - 2955
Aerobic dance - 2955
Backpacking - 3182
Badminton - 2045
Ballroom dancing - fast - 2500
Ballroom dancing - slow - 1364
Basketball - shooting baskets - 2045
Basketball game - 3636
Bicycling - 3636
Bicycling fast - 5455
Bicycling under 10 mph - 1818

Bowling - 1364
Calisthenics - vigorous - 3636
Calisthenics - light to moderate - 1591
Canoeing - 1591
Children's playground games - 2045
Circuit training - 3636
Climbing - rock or mountain - 4091
Cooking - 909
Croquet - 1136
Fencing - 2727
Fishing - 1364
Football - 3636
Frisbee - 1364
Gardening - 1818
Golf - 2045
Gymnastics - 1818
Handball - 5455
Health club exercise, general - 2500
Hiking - 2727
Hiking - orienteering - 4091
Hockey - field and ice - 3636
Home/auto repair and shop tasks - 1364
Horseback riding - 1818
House cleaning - 1364
Hunting - 2273
Ice Skating - 3182
Inline skating - 5455
Jazzercise - 2727
Jogging - 3182
Jogging on mini-trampoline - 2045
Jump rope - 4545
Kayaking - 2273
Kickball - 3182
Lacrosse - 3636
Lawn bowling, shuffleboard - 1364
Lawn mowing -power mower - 2273
Martial arts - 4545
Miniature golf - 1364
Punching bag - 2727
Raking lawn and leaves - 1818
Racquetball - 3182
Roller skating - 3182
Rowing machine - 3182
Rowing machine, vigorous - 3864

Rugby - 4545
Running - 5 mph - 12 minute miles - 3636
Running - 6 mph - 10 minute miles - 4545
Running - 7 mph - 8.5 minute miles - 5227
Running - 8 mph - 7.5 minute miles - 6136
Sailing, boat and board, windsurfing - 1364
Scuba diving - 3182
Shopping - 1045
Skateboarding - 2273
Ski machine - 3182
Skiing - cross country - 3636
Skiing - downhill - 2727
Skimobiling - 3182
Sledding - 3182
Snorkeling - 2273
Snowmobiling - 1591
Soccer - 3182
Softball - 2273
Square dancing - 2045
Squash - 5455
Stairmaster - 4091
Stationary bicycling (moderate effort) - 3182
Stationary bicycling (vigorous effort) - 4773
Step aerobics - 4091
Stretching, yoga - 1136
Surfing - 1364
Swimming laps - moderate - 3182
Swimming laps - vigorous - 4545
Swimming leisurely - 2727
Table tennis - 1818
Tai chi - 1818
Tennis - 3182
Volleyball - 1818
Water aerobics - 1818
Water aerobics - 1818
Water jogging - 3636
Water polo - 4545
Waterskiing - 2727
Weight lifting, moderate effort - 1818
Weight lifting, vigorous effort - 2727
Wrestling - 2727
Yoga – 1136

Activity - Steps per 30 Minutes

Walking 3 mph - 3000
Walking slow - under 2 mph - 1818
Walking slow - 2 mph - 2273
Walking 3.5 miles per hour - 3455
Walking 4 miles per hour - 4545
Walking 5 miles per hour - 7273
Race walking - 5909
Aerobic dance - 5909
Backpacking - 6364
Badminton - 4091
Ballroom dancing - fast - 5000
Ballroom dancing - slow - 2727
Basketball - shooting baskets - 4091
Basketball game - 7273
Bicycling - 7273
Bicycling fast - 10909
Bicycling under 10 mph - 3636
Bowling - 2727
Calisthenics - vigorous - 7273
Calisthenics - light to moderate - 3182
Canoeing - 3182
Children's playground games - 4091
Circuit training - 7273
Climbing - rock or mountain - 8182
Cooking - 1818
Croquet - 2273
Fencing - 5455
Fishing - 2727
Football - 7273
Frisbee - 2727
Gardening - 3636
Golf - 4091
Gymnastics - 3636
Handball - 10909
Health club exercise, general - 5000
Hiking - 5455
Hiking - orienteering - 8182
Hockey - field and ice - 7273
Home/auto repair and shop tasks - 2727
Horseback riding - 3636
House cleaning - 2727
Hunting - 4545

Ice Skating - 6364
Inline skating - 10909
Jazzercise - 5455
Jogging - 6364
Jogging on mini-trampoline - 4091
Jump rope - 9091
Kayaking - 4545
Kickball - 6364
Lacrosse - 7273
Lawn bowling, shuffleboard - 2727
Lawn mowing -power mower - 4545
Martial arts - 9091
Miniature golf - 2727
Punching bag - 5455
Raking lawn and leaves - 3636
Racquetball - 6364
Roller skating - 6364
Rowing machine - 6364
Rowing machine, vigorous - 7727
Rugby - 9091
Running - 5 mph - 12 minute miles - 7273
Running - 6 mph - 10 minute miles - 9091
Running - 7 mph - 8.5 minute miles - 10455
Running - 8 mph - 7.5 minute miles - 12273
Sailing, boat and board, windsurfing - 2727
Scuba diving - 6364
Shopping - 2091
Skateboarding - 4545
Ski machine - 6364
Skiing - cross country - 7273
Skiing - downhill - 5455
Skimobiling - 6364
Sledding - 6364
Snorkeling - 4545
Snowmobiling - 3182
Soccer - 6364
Softball - 4545
Square dancing - 4091
Squash - 10909
Stairmaster - 8182
Stationary bicycling (moderate effort) - 6364
Stationary bicycling (vigorous effort) - 9545
Step aerobics - 8182
Stretching, yoga - 2273

Surfing - 2727
Swimming laps - moderate - 6364
Swimming laps - vigorous - 9091
Swimming leisurely - 5455
Table tennis - 3636
Tai chi - 3636
Tennis - 6364
Volleyball - 3636
Water aerobics - 3636
Water aerobics - 3636
Water jogging - 7273
Water polo - 9091
Waterskiing - 5455
Weight lifting, moderate effort - 3636
Weight lifting, vigorous effort - 5455
Wrestling - 5455
Yoga – 2273

Activity - Steps per Hour

Walking 3 mph - 6000
Walking slow - under 2 mph - 3636
Walking slow - 2 mph - 4545
Walking 3.5 miles per hour - 6909
Walking 4 miles per hour - 9091
Walking 5 miles per hour - 14545
Race walking - 11818
Aerobic dance - 11818
Backpacking - 12727
Badminton - 8182
Ballroom dancing - fast - 10000
Ballroom dancing - slow - 5455
Basketball - shooting baskets - 8182
Basketball game - 14545
Bicycling - 14545
Bicycling fast - 21818
Bicycling under 10 mph - 7273
Bowling - 5455
Calisthenics - vigorous - 14545
Calisthenics - light to moderate - 6364
Canoeing - 6364
Children's playground games - 8182
Circuit training - 14545
Climbing - rock or mountain - 16364

Cooking - 3636
Croquet - 4545
Fencing - 10909
Fishing - 5455
Football - 14545
Frisbee - 5455
Gardening - 7273
Golf - 8182
Gymnastics - 7273
Handball - 21818
Health club exercise, general - 10000
Hiking - 10909
Hiking - orienteering - 16364
Hockey - field and ice - 14545
Home/auto repair and shop tasks - 5455
Horseback riding - 7273
House cleaning - 5455
Hunting - 9091
Ice Skating - 12727
Inline skating - 21818
Jazzercise - 10909
Jogging - 12727
Jogging on mini-trampoline - 8182
Jump rope - 18182
Kayaking - 9091
Kickball - 12727
Lacrosse - 14545
Lawn bowling, shuffleboard - 5455
Lawn mowing -power mower - 9091
Martial arts - 18182
Miniature golf - 5455
Punching bag - 10909
Raking lawn and leaves - 7273
Racquetball - 12727
Roller skating - 12727
Rowing machine - 12727
Rowing machine, vigorous - 15455
Rugby - 18182
Running - 5 mph - 12 minute miles - 14545
Running - 6 mph - 10 minute miles - 18182
Running - 7 mph - 8.5 minute miles - 20909
Running - 8 mph - 7.5 minute miles - 24545
Sailing, boat and board, windsurfing - 5455
Scuba diving - 12727

Shopping - 4182
Skateboarding - 9091
Ski machine - 12727
Skiing - cross country - 14545
Skiing - downhill - 10909
Skimobiling - 12727
Sledding - 12727
Snorkeling - 9091
Snowmobiling - 6364
Soccer - 12727
Softball - 9091
Square dancing - 8182
Squash - 21818
Stairmaster - 16364
Stationary bicycling (moderate effort) - 12727
Stationary bicycling (vigorous effort) - 19091
Step aerobics - 16364
Stretching, yoga - 4545
Surfing - 5455
Swimming laps - moderate - 12727
Swimming laps - vigorous - 18182
Swimming leisurely - 10909
Table tennis - 7273
Tai chi - 7273
Tennis - 12727
Volleyball - 7273
Water aerobics - 7273
Water aerobics - 7273
Water jogging - 14545
Water polo - 18182
Waterskiing - 10909
Weight lifting, moderate effort - 7273
Weight lifting, vigorous effort - 10909
Wrestling - 10909
Yoga – 4545