

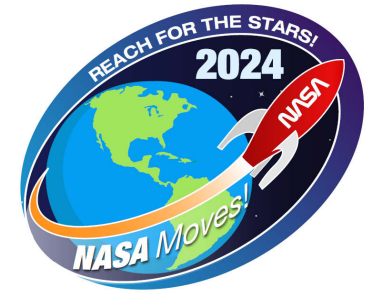
NASA Moves! 2024 Step Conversion List



Multiply the number of minutes you participated by the provided step number on the list.

| Activity | Steps/min | Activity | Steps/min | Activity | Steps/min |
|--------------------------|-----------|------------------------------|-----------|------------------------|-----------|
| Aerobic dancing class | 127 | Children's playground game | 136 | Hiking | 172 |
| Aerobic fitness class | 181 | Circuit training | 199 | Hiking, orienteering | 232 |
| Aerobics, low impact | 127 | Climbing, rock/mountain | 270 | Hockey, field and ice | 240 |
| Aerobics, step | 218 | Cooking | 61 | Home/auto repair | 91 |
| Backpacking | 181 | Croquet | 76 | Horseback riding | 90 |
| Badminton, casual | 131 | Dancing, class | 109 | Horseshoes | 73 |
| Badminton, competitive | 203 | Dancing, salsa/country/swing | 109 | Housework, light | 72 |
| Ballet dancing | 127 | Dancing, party | 109 | Ice skating, general | 122 |
| Baseball | 127 | Drill team | 153 | Ice skating, moderate | 181 |
| Basketball, game | 145 | Electronic sports, Wii, PS3 | 91 | In-line skating | 190 |
| Basketball, recreational | 127 | Elliptical trainer | 218 | Jogging | 181 |
| Bicycling, easy pace | 145 | Fencing | 182 | Judo & Karate | 254 |
| Bicycling, moderate pace | 181 | Firewood-carrying/chopping | 145 | Jumping rope, fast | 290 |
| Bicycling, vigorous pace | 254 | Fishing | 91 | Jumping rope, moderate | 254 |
| Billiards/pool | 76 | Football | 199 | Kayaking | 152 |
| Bowling | 73 | Frisbee | 91 | Kickball | 212 |
| Bowling on the Wii | 61 | Gardening | 109 | Kickboxing | 290 |
| Boxing, non-competitive | 131 | Golf, carrying clubs | 109 | Lacrosse | 242 |
| Boxing, competitive | 222 | Golf, powered cart | 91 | Miniature golf | 91 |
| Calisthenics | 106 | Grocery shopping | 67 | Mopping | 60 |
| Canoeing | 91 | Gymnastics | 121 | Mowing lawn | 127 |

Activity step calculations based on 2005 data from *America on the Move Foundation*



| Activity | Steps/min |
|--------------------------|-----------|
| Pilates | 91 |
| Punching bag | 180 |
| Raking lawn/leaves | 121 |
| Racquetball, casual | 181 |
| Racquetball, competitive | 254 |
| Rock climbing | 244 |
| Rollerblading | 156 |
| Rowing | 181 |
| Rowing machine | 212 |
| Rugby | 303 |
| Running, 12-minute mile | 178 |
| Running, 10-minute mile | 222 |
| Running, 8-minute mile | 278 |
| Sailing, boat and board | 91 |
| Scrubbing floors | 71 |
| Scuba diving | 203 |
| Shopping | 70 |
| Shoveling snow | 145 |
| Skateboarding | 102 |
| Skee-Ball | 52 |

| Activity | Steps/min |
|-----------------------------|-----------|
| Sledding | 158 |
| Snowboarding | 182 |
| Snowmobiling | 106 |
| Snowshoeing | 199 |
| Soccer, recreational | 145 |
| Soccer, competitive | 181 |
| Softball | 152 |
| Spinning | 200 |
| Squash | 348 |
| Stair climbing, machine | 218 |
| Stair climbing, down stairs | 73 |
| Stair climbing, up stairs | 199 |
| Stretching | 15 |
| Surfing | 91 |
| Swimming, backstroke | 181 |
| Swimming, butterfly | 272 |
| Swimming, freestyle | 181 |
| Swimming, leisure | 174 |
| Swimming, treading water | 116 |
| Table tennis | 120 |

| Activity | Steps/min |
|------------------|-----------|
| Tai Chi | 40 |
| Tennis | 199 |
| Trampoline | 90 |
| Vacuuming | 94 |
| Volleyball | 91 |
| Walking, stroll | 61 |
| Walking, average | 84 |
| Washing a car | 73 |
| Water aerobics | 116 |
| Water polo | 303 |
| Water skiing | 145 |
| Waxing a car | 109 |
| Weightlifting | 73 |
| Wrestling | 145 |
| Yard work | 89 |
| Yoga | 54 |

Activity step calculations based on 2005 data from *America on the Move Foundation*



| | | | |
|------------------------|-----|-------------|-----|
| Skiing, light/moderate | 145 | Tae Bo | 290 |
| Skiing, cross-country | 181 | Tae Kwon Do | 290 |

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