Steptember Activity Converter

Activity	Steps per hour
Adaptive Sports (Low)	9,000
Adaptive Sports (Moderate-high)	12,000
Aerobic/Dance/Fitness Class	8,700
Archery	7,000
Badminton	9,000
Basketball	13,200
Beach Volleyball	10,800
Boccia	6,600
Boxing	9,400
Circuit Training	12,500
Cricket	9,600
Cycling (outdoor, stationary)	9,000
Dancing	9,480
Fencing	12,000
Football	12,400
Gardening	6,500
Golf	5,000
Gymnastics	9,600
Hand Cycling (Low)	7,000
Hand Cycling (Moderate-High)	12,500
Hockey	13,200
Horse-riding	7,600
House Cleaning	6,000
Hydrotherapy	7,000
Ice Skating	10,000
Kayak/Canoe/SUP	10,000
Lawn Bowls	6,600
Martial Arts	10,600
Mountain Biking	17,000
Netball	13,200
Padel Ball/Pickleball	8,000
Physical Therapy (Low)	9,000

Activity	Steps per hour
Physical Therapy (Moderate-High)	12,000
Pilates (Mat)	6,000
Pilates (Reformer)	9,000
Playing with Pet/Dog	8,000
Rock Climbing/Bouldering	11,600
Rollerblading/Skating	9,400
Rope Skipping	9,200
Rowing	10,000
Running (treadmill, outdoor)	10,000
Skateboarding	10,000
Skiing (Low)	8,600
Skiing (Moderate-High)	14,000
Soccer	14,000
Softball	10,000
Spin Class/RPM	15,000
Squash	12,200
Strength/Weight Training	9,000
Surfing - wind/body/board	10,000
Swimming	12,000
Table Tennis	8,000
Tai Chi	5,000
Tennis	12,000
Trampoline	7,000
Ultimate Frisbee	11,500
Volleyball	8,000
Walking	8,000
Water Aerobics	10,600
Water Polo	14,000
Wheelchair - Manual (Low)	9,600
Wheelchair - Manual (Moderate-High)	14,000
Wheelchair sports	15,600
Yoga (Low)	5,000
Yoga (Moderate-High)	8,000