

Step equivalents for the following activities

	# of STEPS	1 min	15 min
Aerobic dance	197	2,955	
Backpacking	195	2,955	
Baseball	111	1,665	
Basketball, shooting baskets	136	2,040	
Basketball game	242	3,630	
Canoeing	106	1,590	
Cricket	111	1,665	
Dancing	148	2,220	
Elliptical jogger	227	3,405	
Electronic sports (Wii/PS3)	91	1,365	
Football	242	3,630	
Frisbee	91	1,365	
Golf	136	2,040	
Health club exercise, general	167	2,505	
Hiking	182	2,730	
Hockey (field and ice)	242	3,630	
House or garage cleaning	91	1,365	
Jazzercise	182	2,730	
Jogging	212	3,180	
Jump rope	303	4,545	
Kayaking	152	2,280	
Kickball	212	3,180	
Miniature golf	91	1,365	
Pilates	76	1,140	
Pickle Ball	166	2,490	
Racquetball	212	3,180	
Rebounding	280	4,200	
Rollerskating or rollerblading	115	1,725	
Skateboarding	152	2,280	
Soccer	212	3,180	
Softball	152	2,280	
Standing at Work Desk	46	690	
Step aerobics	273	4,095	
Swimming, leisurely	182	2,730	
Table tennis	121	1,815	
Tai Chi	121	1,815	

Activities continued ...

	# of STEPS	1 min	15 min
Tennis	212	3,180	
Vacuuming	94	1,410	
Volleyball	121	1,815	
Water aerobics	121	1,815	
Waterskiing	133	1,995	
Weight lifting, moderate effort	121	1,815	
Wheelchair use (manual)	101	1,515	
Yoga	76	1,140	
Zumba	148	2,220	

Green activities

Bicycling	242	3,630
Gardening, general	121	1,815
Hanging laundry on clothes line	72	1,080
Lawn mowing (power mower)	152	2,280
Lawn mowing (push mower)	242	3,630
Community clean-up	145	2,145
Trimming trees and bushes manually	116	1,740
Walking, slow	68	1,020
Walking, moderate	122	1,830
Walking, fast	197	2,955
Washing the car manually	87	1,305
Washing/drying dishes manually	72	1,080
Washing laundry manually	72	1,080
Washing windows manually	87	1,305



Hennepin County
Public Health Department
Public Health Promotion
612-348-7550



MAY 4–MAY 31, 2014
www.step toit.org



*Have fun,
improve your health,
and help your
community be green,
all at the same time!*



STEP LOG

Directions:

1. Record your daily steps on this Step Log. Use the chart to convert to steps.

2. Report your weekly total steps by logging in to <www.steptoit.org>. You may also call in or fax your total weekly steps each week. Call Step To It at 612-348-5618, or fax at 612-348-7548.

3. When the Step To It Challenge is over, total all your steps and enter them in the Grand Total space. Enjoy seeing your achievement!

	Week 1 (May 4 - 10)	Week 2 (May 11 - 17)	Week 3 (May 18 - 24)	Week 4 (May 25 - 31)
<i>Sunday</i>				
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
Total Weekly Steps (Add the numbers in each column.)				

Grand Total: _____

