



~personify™
HEALTH

Convert your
activity to steps
and get rewarded!

Activity to steps conversion chart

Step Converter Tool is a feature on the Personify Health platform that converts minutes of a specific activity to a step number.

Note: This conversion will not be the same for every workout activity available in the tool.

Check out the next page for the activity to steps conversion chart.

Scan the QR code
to download the app.



Activity	Steps per minute
Archery (Non-Hunting)	69
Badminton (Competitive)	137
Ballroom Dancing	167
Baseball	98
Basketball	157
Body Building	118
Boxing	236
Canoeing	137
Circuit Training	157
Cricket	98
CrossFit	243
Cycling 10–13 mph/16-21 kph	157
Cycling 14–15 mph/22-24 kph	196
Cycling 16–19 mph/25-31 kph	236
Cycling 20+ mph/32+ kph	315
Cycling, Mountain	167
Cycling, Stationary	137
Dancing	88
Diving, Scuba or Skin	137
Electric Bike	183
Elliptical Trainer	177
Field Hockey	157
Gardening	121
Group Exercise Class	128
Hiking	137
Home/Auto Repair	91
Horseback Riding	78
House Cleaning	91
Ice Hockey	157
Ice Skating	137
In-Line Skating	236
Jump Rope	196
Kayaking	98
Lawn Mowing	152
Martial Arts	196
Moderate paced hand cycling	150
Pilates	78
Racquetball	137
Rock climbing	244

Activity	Steps per minute
Roller Skating	137
Rowing Machine	137
Running 5 mph/8.3 kph	157
Running 6 mph/10 kph	196
Running 7 mph/11.7 kph	226
Running 8 mph/13.3 kph	265
Ski Machine	137
Skiing, Cross Country	157
Skiing, Downhill	118
Snowboarding	137
Snowshoeing	157
Soccer	137
Speed Walking	128
Spinning Class	157
Squash	236
Stair Master	177
Swimming, Backstroke	137
Swimming, Breaststroke	196
Swimming, Butterfly	216
Swimming, Freestyle	196
Swimming, Sidestroke	157
Table Tennis	121
Tai Chi	78
Tennis	137
Volleyball	157
Walking 2 mph (Slow Pace)	49
Walking 3 mph (Moderate Pace)	64
Walking 4 mph (Very Brisk Pace)	98
Water Aerobics	78
Water Polo	303
Water Skiing	118
Weightlifting	182
Wheelchair Basketball	128
Wheeling	59
Wii Sports	59
Yoga	49