



### Activity Conversion Chart

Activity Level	Description	Sample Activities	Conversion
Level 1	Modest Pace  (less than 6 calories used per minute)	Gardening, house cleaning, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf	15 minutes of activity = 1 mile
Level 2	Active Pace  (6-10 calories used per minute)	Softball, weightlifting, shoveling snow, playing with kids, dancing, racquetball, tennis, volleyball, skiing, handball, yoga	20 minutes of activity = 2 miles
Level 3	Vigorous Pace  (10+ calories used per minute)	Exercise classes (spinning, step, kickboxing, body pump, circuit), basketball, soccer, cross country skiing, martial arts, boxing, chopping wood, swimming	25 minutes of activity = 3 miles

### Approximate Steps to Distance Conversion

Steps	Miles
1,000	.50
2,000	1.00
3,000	1.50
4,000	2.00
5,000	2.50
6,000	3.00
7,000	3.50
8,000	4.00
9,000	4.50
10,000	5.00

