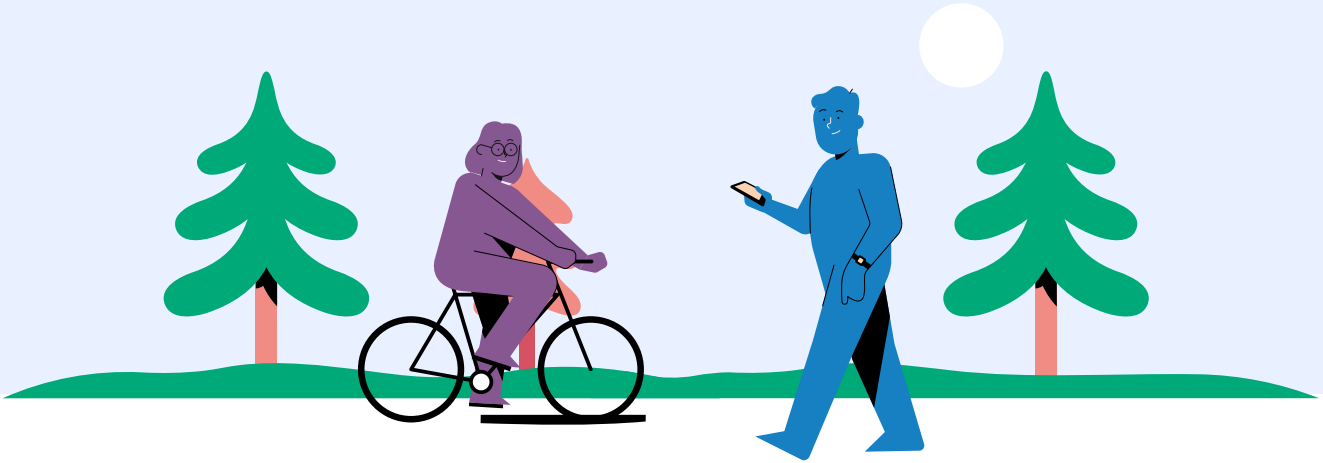




**BIG TEAM
CHALLENGE**

ACTIVITY CONVERSION CHART



ACTIVITY	STEPS PER MINUE
Aerobic dancing class	127
Aerobic fitness class	181
Aerobics, low impact	125
Aerobics, step	153
Backpacking	181
Badminton, casual	131
Badminton, competitive	203
Ballet dancing	120
Baseball	130
Basketball, game	145

ACTIVITY	STEPS PER MINUE
Basketball, recreational	130
Bicycling, easy pace	130
Bicycling, moderate pace	170
Bicycling, vigorous pace	200
Billiards/pool	76
Bowling	71
Bowling on the Wii	61
Boxing, non-competitive	131
Boxing, competitive	222
Calisthenics	106

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUE	ACTIVITY	STEPS PER MINUE
Canoeing	91	Golf, carrying clubs	109
Cheerleading	100	Golf, powered cart	80
Children's playground game	136	Grocery shopping	67
Circuit training	199	Gymnastics	121
Climbing, rock/mountain	270	Handball	348
Cooking	61	Hiking	172
Croquet	76	Hiking, orienteering	232
Dancing, class	109	Hockey, field and ice	240
Dancing, salsa/country/swing	109	Home/auto repair	91
Dancing, party	109	Horseback riding	90
Drill team	153	Horseshoes	71
Electronic sports, Wii/PS3	91	Housework, light	72
Elliptical trainer	203	Ice skating, general	84
Fencing	182	Ice skating, moderate	122
Firewood-carrying/chopping	60	In-line skating	190
Fishing	91	Jogging	181
Football	199	Judo & Karate	236
Frisbee	91	Jumping rope, fast	300
Gardening	80	Jumping rope, moderate	250

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUE	ACTIVITY	STEPS PER MINUE
Kayaking	152	Running, 10 minute mile	222
Kickball	212	Running, 8 minute mile	278
Kickboxing	290	Sailing, boat and board	91
Lacrosse	242	Scrubbing floors	71
Miniature golf	91	Scuba diving	203
Mopping	60	Shopping	109
Mowing Lawn	120	Shoveling snow	145
Painting (a room)	78	Skateboarding	102
Pilates	91	Skeeball	52
Punching bag	180	Skiing, light/moderate	109
Raking lawn/leaves	121	Skiing, cross-country	114
Racquetball, casual	181	Sledding	158
Racquetball, competitive	254	Snowboarding	182
Rock climbing	244	Snowmobiling	106
Rollerblading	156	Snowshoeing	181
Rowing	147	Soccer, recreational	145
Rowing machine	212	Soccer, competitive	181
Rugby	303	Softball	152
Running, 12 minute mile	178	Spinning	200

BIG TEAM CHALLENGE ACTIVITY CONVERSION CHART

ACTIVITY	STEPS PER MINUE	ACTIVITY	STEPS PER MINUE
Squash	348	Volleyball	91
Stair climbing, machine	200	Walking, stroll	61
Stair climbing, down stairs	71	Walking, average	84
Stair climbing, up stairs	181	Washing a car	71
Stair climbing, down stairs	71	Water aerobics	116
Stretching	15	Water polo	303
Surfing	91	Water skiing	145
Swimming, backstroke	181	Waxing a car	80
Swimming, butterfly	272	Weight lifting	67
Swimming, freestyle	181	Wrestling	145
Swimming, leisure	174	Yard work	89
Swimming, treading water	116	Yoga	45
Table tennis	120		
Tae Bo	250		
Tae Kwon Do	290		
Tai Chi	40		
Tennis	200		
Trampoline	90		
Vacuuming	94		