

» Kid Step Conversion Chart

Activity Converted To Step

ACTIVITY	STEPS PER MINUTE	
	Female	Male
BICYCLING (MODERATE)	226	218
SOCCER	301	291
BASKETBALL	226	218
DANCING	113	146
SWIMMING <i>leisure</i>	150	182
WALKING	75	109
WASHING THE CAR	75	73
SHOPPING IN THE MALL	75	73
INLINE SKATING	237	237
FIELD HOCKEY	226	21
CHEERLEADING	113	109
BOWLING	75	73
BASEBALL	150	146
CLEARING DISHES	75	75
SKIING <i>downhill, moderate</i>	150	182
FLAG FOOTBALL	226	218
ULTIMATE FRISBEE	226	218
HORSEBACK RIDING	113	109
MINIATURE GOLF	75	73

*Calculations based upon the CDC's estimates of the average Middle School boy and girl.



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