

Step | CPARF

Activity to steps conversion tables

Activity	Steps per hour
Adaptive Sports - Low Intensity	9600
Adaptive Sports - Moderate to high Intensity	13400
Aerobic / Dance / Fitness Class - Moderate to high intensity	8600
Athletics - Track & Field	12000
Badminton	9000
Baseball	9000
Basketball	9000
Boccia	6600
Boot Camp (CrossFit)	11400
Boxing	12500
Cheerleading	6000
Circuit Training (including HIIT) - Moderate to High Intensity	12000
Cricket	9000
Cycling - Low Intensity	7000
Cycling - Moderate to High Intensity	12000
Cycling - Mountain Biking	12000
Cycling - RPM/Spin Class	12000
Dancing	6500

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Activity	Steps per hour
Elliptical	10000
Fencing	8000
Football	10000
Gardening	5000
Golf	6800
Gymnastics	7200
Hand Cycling - Low Intensity	7000
Hand Cycling - Moderate to High Intensity	12000
Hockey - Field or Ice	10000
Horse-riding	5400
House Cleaning	5000
Hydrotherapy	7000
Ice Skating	6500
Jumping Rope	12000
Lacrosse	12000
Lawn Bowls / Bocce - incl. Disability Lawn Bowls	6500
Martial Arts	10000
Netball	9000

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Activity	Steps per hour
Paddleball / Pickleball	10000
Paddling - Kayak, Canoe, Row - Low Intensity	6500
Paddling - Kayak, Canoe, Row - Moderate to High Intensity	10000
Paddling - Stand Up Paddleboard	10000
Physical Therapy - Low intensity	6000
Physical Therapy - Moderate to High intensity	9000
Pilates	6000
Playing with Pet/Dog	6000
Rock Climbing	10000
Rollerblading / Skating	10000
Running - Low Intensity	11000
Running - Moderate to High Intensity	17000
Skateboarding	6500
Skiing - Low Intensity	8000
Skiing - Moderate to High Intensity	10000
Soccer	12000
Softball	9500
Strength Training - low intensity	6500

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Activity	Steps per hour
Strength Training - moderate to high intensity	12000
Surfing - incl. bodyboarding, bodysurfing, windsurf	6000
Swimming - Low Intensity	10000
Swimming - Moderate to High Intensity	13400
Tai Chi	3000
Tennis	12000
Tennis - Table Tennis	7200
Trampoline	6000
Ultimate Frisbee	5500
Volleyball	8000
Walking - Fast pace	10000
Walking - General pace (Aided / Unaided)	6000
Walking - Hiking	10300
Walking - Pushing a stroller	8000
Walking - Pushing a wheelchair	7600
Walking - Stair climbing	9000
Walking - Using crutches	10000
Water Aerobics	7000

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Activity	Steps per hour
Water Polo	12000
Weight Training - Moderate to High Intensity	10000
Wheelchair - Low Intensity	9000
Wheelchair - Moderate to High Intensity	12000
Wheelchair sports - Basketball, Football, Tennis	12000
Yoga - Low Intensity	5000
Yoga - Moderate to High Intensity	8000