



“Clicks” or steps equivalents *per minute* for activities:

Bowling	55	Gardening (heavy)	155
Cycling	55	Hiking, no load	155
Dancing	55	Stair stepper	160
Shopping for groceries	60	Tennis, singles	160
Walking, 2 mph (30 min/mile)	60	Water skiing	160
Canoeing, 2.5 mph	70	Ice skating	170
Golfing (with a cart)	70	Dancing, fast	175
Volleyball (leisurely)	70	Backpacking with 10 lb. load	180
Rowing (leisurely)	75	Hiking with 10 lb. load	180
Vacuuming	75	Rowing machine	180
Washing the car	75	Jogging, 5 mph (12 min./mile)	185
Window cleaning	75	Judo (competitive)	185
Painting	80	Aerobics, high intensity	190
Walking, 3 mph (20 min/mile)	80	Weight Training	190
Mopping	85	Snow shoveling	195
Gardening, moderate	90	Cycling, 15 mph (5 min/mile)	200
Housework	90	Elliptical trainer, low intensity	200
Ping pong	90	Racquetball	205
Ice Skating (leisurely)	95	Squash	205
Dancing (non-contact)	100	Basketball	220
Golfing (walking, w/o cart)	100	Swimming (50 yds/per min)	225
Walking, 4 mph (15 min/mile)	100	Handball	230
Waxing the car	100	Jogging, 6 mph, 10/min/mile	230
Tennis (doubles)	110	Backpacking with 30 lb. load	235
Aerobic dancing (low impact)	115	Hiking with 30 lb. load	235
Swimming (25 yds/min.)	120	Weight training, 40 sec. between sets	255
Volleyball (game)	120	Elliptical trainer, high intensity	270
Bicycling, 10 mph (6 min/mile)	125	Jumping Rope	285
Weight Training 90 sec. between	125	Swimming (75 yds. per min)	290
Basketball, leisurely	130	Running, 08 mph, 7.5 min. mile	305
Snow skiing, downhill	130	Running, 10 mph, 6 min. mile	350
Mowing	135		
Scrubbing the floor	140		
Stair climbing	140		
Aerobics step training	145		
Badminton	150		



