

CAP Exercise Conversion Chart

Activity Code	Activity Name	Steps / MINUTE
1	Aerobics (Low Impact)	146
2	Aerobics (Moderate/High Impact)	217
3	Badminton (Recreational)	99
4	Badminton (Competitive)	141
5	Baseball/Softball	150
6	Basketball (Recreational)	171
7	Basketball (Competitive)	250
8	Basketball (Wheelchair)	224
	Bicycling (Leisurely, 10-11.9 mph)	170
	Bicycling (Moderate, 12-13.9 mph)	228
	Bicycling (Vigorous, 14-15.9 mph)	294
9	Bowling	87
10	Canoeing	177
11	Circuit Training	242
12	CrossFit	243
13	Dance (Slow)	87
14	Dance (Fast)	154
15	Elliptical	244
16	Firewood (Carrying)	176
17	Firewood (Chopping)	198
18	Firewood (Sawing)	113
19	Football (Flag/Touch)	275
20	Football (Competitive)	309
21	Frisbee Playing	91
22	Golf (With Cart)	97
23	Golf (Without Cart)	133
24	Gymnastics	160
25	Handball (Recreational)	142
26	Handball (Competitive)	230
	Hiking	185
	Hiking (With Load)	216
27	Hockey	243
28	Horseback Riding (Trotting)	102
29	Horseshoes	97
30	Ice Skate (Leisurely)	90
31	Ice Skate (Moderate)	163
32	Ice Skate (Competitive)	203
33	Jog In Water	275
	Jogging	209
34	Jump Rope (Slow)	242
35	Jump Rope (Moderate)	278
36	Jump Rope (Fast)	370

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37	Kayaking	296
38	Kickboxing/Karate/Judo	270
39	Mow Lawn (Push Mower)	168
40	Nordic Track	232
41	Paddle Boarding	182
42	Painting (House)	79
43	Pilates	113
44	Ping Pong	90
45	Racquetball (Casual)	206
46	Racquetball (Competitive)	297
47	Roller Skate	214
48	Roller Blade	316
49	Rowing (Leisurely)	93
50	Rowing (Moderate/Heavy)	217
	Running (6 minute mile)	424
	Running (6.5 minute mile)	386
	Running (7 minute mile)	356
	Running (7.5 minute mile)	331
	Running (8 minute mile)	305
	Running (8.5 minute mile)	283
	Running (9 minute mile)	263
	Running (9.5 minute mile)	247
	Running (10 minute mile)	235
	Running (10.5 minute mile)	226
	Running (11 minute mile)	220
	Running (11.5 minute mile)	213
	Running (12 minute mile)	209
51	Scrub Floors	135
52	Scuba Dive	190
53	Shovel Snow (Moderate)	133
54	Shovel Snow (Heavy)	213
55	Skateboard	172
56	Ski (Moderate)	176
57	Ski (Cross Country)	278
58	Snowboard (Light)	150
59	Snowboard (Heavy)	210
60	Snowshoe	220
61	Soccer (Casual)	207
62	Soccer (Competitive)	293
63	Spinning	240
64	Squash	205
65	Stair Climb (Downstairs)	103
66	Stair Climb (Slow)	90

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67	Stair Climb (Moderate)	180
68	Stair Climb (Vigorous)	267
69	Stretching	6
70	Swimming (Treading Water)	90
71	Swimming (Leisurely)	133
72	Swimming (Moderate)	174
73	Swimming (Vigorous)	222
74	Tae Kwon Do	290
75	Tai Chi	8
76	Tennis (Doubles)	160
77	Tennis (Singles)	338
78	Trampoline	106
79	Vacuuming	104
80	Volleyball (Recreational)	70
81	Volleyball (Game)	142
82	Washing/Waxing Car	117
83	Water Aerobics	123
84	Water Ski	187
85	Weight Lift (Moderate)	105
86	Weight Lift (Strenuous)	206
87	Weight Lift (Back)	80
88	Weight Lift (Shoulders)	69
89	Weight Lift (Legs)	96
90	Weight Lift (Abdominal)	64
91	Weight Lift (Arms)	42
92	Wheelchair (100 meters)	125
93	Wrestling	207
94	Yard Work (Rake Leaves)	135
95	Yoga (Moderate)	86
96	Yoga (Vigorous)	160
97	Zumba	152