



2020 ACTIVITY CONVERSION CHART

Activity	Time	Miles
Cardio Workout	50 mins	4
Group Class	50 mins	3
Yoga	50 mins	2
Pilates	50 mins	3
Aqua Aerobics	50 mins	3
Backpacking	30 mins	3
Ball Rm Dancing	30 mins	1.5
Basketball	30 mins	2
Bowling	30 mins	1.5
Canoeing	30 mins	1.5
Cheerleading	30 mins	1.5
Climbing, Rock	30 mins	3
Fishing	30 mins	1
Football	30 mins	3
Frisbee	30 mins	2
Gardening	30 mins	1
Golfing	30 mins	1.25
Gym Class/Recess	30 mins	1
Gymnastics	30 mins	1.5
Hiking	30 mins	2.5
Hockey	30 mins	3.5
Housework	30 mins	1
Kayaking	30 mins	2
Kickball	30 mins	2
Lacrosse	30 mins	3
Martial Arts	30 mins	3

Activity	Time	Miles
Miniature Golf	30 mins	1
Playing Outside	30 mins	1
Pickle Ball	30 mins	2
Ping Pong	30 mins	1.5
Skateboarding	30 mins	2
Soccer	30 mins	3
Softball	30 mins	2
Swimming laps	30 mins	3
Swimming free	30 mins	2
Tai Chi	30 mins	1.5
Tennis	30 mins	2
Volleyball	30 mins	2
Washing Car	30 mins	1
Weight Lifting	30 mins	1.5
Wrestling	30 mins	2.5
Yard Work	30 mins	1.25
Walking	1 mile	1
Running	1 mile	1
Biking	1 mile	1
Roller Blading	1 mile	1
2, 000 steps		1
Sunday School	30 mins	1
Bible Study	30 mins	1
Individual Reflection/ Prayer	15 mins	1