



## Run Like a Girl Scout!

Please use this reference chart for activity conversion to miles. The chart gives examples of activities and how much time spent doing this activity it takes to equal 1 mile. The activities listed below are examples and not the only activities that can be logged. Once you have converted your activity fill in the **Tracking Form**.

Physical Activity	Time Spent to Equal 1 Mile or 2,000 Steps	Physical Activity	Time Spent to Equal 1 Mile or 2,000 Steps
Aerobics (low impact)	16 minutes	Kickboxing/Karate	7 minutes
Aerobics (moderate impact)	13 minutes	Rollerblading/Skating	10 minutes
Aerobics (high impact)	11 minutes	Running	mile per minute
Basketball	20 minutes	Soccer	10 minutes
Bicycling (leisure)	20 minutes	Swimming (leisure)	15 minutes
Bicycling (moderate)	10 minutes	Swimming (moderate)	12 minutes
Bicycling (vigorous)	8 minutes	Swimming (treading water)	41 minutes
Dancing (all types)	15 minutes	Swimming (vigorous)	9 minutes
Elliptical	10 minutes	Tennis	10 minutes
Football	15 minutes	Volleyball (game)	9 minutes
Hiking (general)	12 minutes	Volleyball (leisure)	23 minutes
Jump Rope (slow)	11 minutes	Walking (jogging)	20 minutes
Jump Rope (moderate/fast)	8 minutes	Yoga	40 minutes

### Steps to Minutes to Miles Conversion Chart

STEPS	MINUTES	MILES	STEPS	MINUTES	MILES
500	5	0.25	5,500	55	2.75
1,000	10	0.50	6,000	60	3.00
1,500	15	0.75	6,500	65	3.25
2,000	20	1.00	7,000	70	3.50
2,500	25	1.25	7,500	75	3.75
3,000	30	1.50	8,000	80	4.00
3,500	35	1.75	8,500	85	4.25
4,000	40	2.00	9,000	90	4.50
4,500	45	2.25	9,500	95	4.75
5,000	50	2.50	10,000	100	5.00