

STEPS TO MILES

CONVERSION CHART

SATURDAY, SEPTEMBER 26, 2015
WWW.PBRC.EDU/DOCSDASH

APPROXIMATE - BASED ON SHAPE UP AMERICA

Steps		Minutes		Miles
500	=	5	=	1/4 mile
1000	=	10	=	1/2 mile
1500	=	15	=	3/4 mile
2000	=	20	=	1 mile
2500	=	25	=	1 1/4 mile
3000	=	1/2 hour	=	1 1/2 miles
3500	=	35	=	1 3/4 miles
4000	=	40	=	2 miles
4500	=	45	=	2 1/4 miles
5000	=	50	=	2 1/2 miles
5500	=	55	=	2 3/4 miles
6000	=	1 hour	=	3 miles
6500	=	65	=	3 1/4 miles
7000	=	70	=	3 1/2 miles
7500	=	75	=	3 3/4 miles
8000	=	80	=	4 miles
8500	=	85	=	4 1/4 miles
9000	=	1 1/2 hours	=	4 1/2 miles
9500	=	95	=	4 3/4 miles
10000	=	1 hr 40 min	=	5 miles

Number of Steps Activity Level

0 - 5,000

Sedentary

5,000 - 7,499

Low active

7,500 - 9,999

Somewhat active

10,000 - 12,500

Active

12,500 or more

Highly active