

STE CONVERSION CHART

Aerobic dancing class	1270	Punching bag	1800
Aerobics fitness class	1810	Racquetball, casual	1810
Aerobics, low impact	1250	Racquetball, competitive	2540
Aerobics, step	1530	Raking lawn and leaves	1210
Backpacking	1810	Rock climbing	2440
Badminton, casual	1310	Rollerblading	1560
Badminton, competitive	2030	Rowing	1470
Ballet dancing	1200	Rowing machine	2120
Baseball	1300	Rugby	3030
Basketball, game	1450	Running, 12-minute mile	1780
Basketball, recreational	1300	Running, 10-minute mile	2220
Bicycling	1700	Running, 8-minute mile	2780
Bicycling, BMX/mountain	2000	Sailing, boat and board	910
Billiards/pool	760	Scrubbing floors	710
Bowling	710	Scuba Diving	2030
Bowling on the Wii	610	Shopping	700
Boxing	2220	Shoveling snow	1450
Calisthenics	1060	Skateboarding	1020
Canoeing	910	Skee Ball	520
Cheerleading	1000	Skiing (light/moderate)	1090
Children's playground game	1360	Skiing (cross-country)	1140
Circuit training	1990	Sledding	1580
Climbing, rock/mountain	2700	Snowmobiling	1060
Croquet	760	Snowshoeing	1810
Dancing, class	1090	Soccer, recreational	1810
Dancing, salsa/country/swing	1090	Soccer, competitive	1450
Dancing, party	1090	Softball	1520
Drill Team	1530	Spinning	1700
Dusting (Housework)	600	Squash	3480
Electronic Sports (Wii/PS3)	910	Stair climbing, machine	2000
Elliptical trainer	2030	Stair climbing, down stairs	710
Fencing	1820	Stair climbing, up stairs	1810
Firewood-carrying/chopping	600	Stretching	150
Fishing	910	Surfing	910
Football(American)	1990	Sweeping (the floor)	600
Frisbee	910	Swimming, backstroke or freestyle	1810
Gardening	790	Swimming, butterfly	2720
Golf	1090	Swimming, leisure	1740
Gymnastics	1210	Swimming, treading water	1160
Handball	3480	Table tennis	1200

