

STEP CONVERSION GRID

STEPS	1	100	1,000	10,000
FEET	2.64	264	2,640	26,400
YARDS	.88	88	880	8,800
MILES	.0005	.05	.5	5
METERS	.8047	80.47	804.7	8,047
KILOMETERS	.0008047	.08047	.8047	8.047

Activities (for 10 minutes) and their Step Equivalents

Trampoline 1,095	Line Dancing 1,432
Sit-ups (Vigorous) 2,526	Golfing (w/ cart) 1,095
Rowing Machine 1,095	Hacky Sack 1,263
Bicycling 2,526	Push-ups (Vigorous) 2,526
Yard Work 1,768	Kick Boxing 3,200
Surfing 968	Horseback Riding 1,263
Ping Pong 1,263	Rock Climbing 3,495
Beach Volleyball 2,526	Punching Bag 1,895
Ballet Dancing 1,516	Aerobics 2,063

Interesting things around the world and their distances

Grand Canyon	277 miles	554,000 steps
Great Wall of China	Over 6,000 km	7,456,195+ steps
Tour de France	+/- 2,110 miles	4,220,000 steps
Earth to Moon	238,330 miles	476,660,000 steps
A Marathon	26.2 miles	52,400 steps
Mississippi River	740 miles	1,480,000 steps
Football Field	100 yards	114 steps