

If using a pedometer, use this chart to figure out how many minutes of exercise you did in one day.

Steps	2 mph (slow) 60 steps/min	3 mph (moderate) 80 steps/min	4 mph (fast) 100 steps/min
2,000	33	25	20
3,000	50	38	30
4,000	67	50	40
5,000	83	63	50
6,000	100	75	60
7,000	117	88	70
8,000	133	100	80
9,000	150	113	90
10,000	167	125	100
11,000	183	138	110
12,000	200	150	120
13,000	217	163	130
14,000	233	175	140
15,000	250	188	150
16,000	267	200	160
17,000	283	213	170
18,000	300	225	180
19,000	317	238	190
20,000	333	250	200
21,000	350	263	210
22,000	367	275	220
23,000	384	288	230
24,000	400	300	240
25,000	417	313	250
26,000	434	325	260
27,000	450	338	270
28,000	467	350	280
29,000	484	363	290
30,000	500	375	300
31,000	517	388	310
32,000	534	400	320
33,000	550	413	330
34,000	567	425	340
35,000	584	438	350
36,000	600	450	360
37,000	617	463	370
38,000	634	475	380
39,000	650	488	390

**\*\*All figures were rounded to the nearest whole number\*\***

**Example:** At the end of the day you look at your pedometer/Fitbit and see 11,000 steps. You think back to your pace of the day and it was upbeat but you didn't feel like you were racing. So you go to the 3 mph column, scroll down to 11,000 steps, and you see you have exercised 138 minutes.