

Approved Activities and Their Scores

This is a preliminary list and some phrasing may be changed to facilitate entry. We suggest using AutoFilters in Excel for easier discovery of activities.

Hourly Multiplier	Heading	Description
18	running	running, 10.9 mph (5.5 min/mile)
16.5	winter activities	skiing, cross country, hard snow, uphill, maximum, snow mountaineering
16	water activities	skindiving, fast
16	running	running, 10 mph (6 min/mile)
16	bicycling	bicycling, >20 mph, racing, not drafting
15	winter activities	skating, speed, competitive
15	running	running, 9 mph (6.5 min/mile)
14	winter activities	skiing, cross country, >8.0 mph, racing
14	running	running, 8.6 mph (7 min/mile)
13.5	running	running, 8 mph (7.5 min/mile)
12.5	water activities	skindiving, moderate
12.5	running	running, 7.5 mph (8 min/mile)
12.5	conditioning exercise	bicycling, stationary, 250 watts, very vigorous effort
12	water activities	canoeing, rowing, in competition, or crew or sculling
12	water activities	canoeing, rowing, >6 mph, vigorous effort
12	sports	rope jumping, fast
12	sports	roller blading (in-line skating)
12	sports	jai alai
12	sports	handball, general
12	sports	boxing, in ring
12	conditioning exercise	HIIT (speed or cardio)
12	conditioning exercise	rowing, stationary, 200 watts, very vigorous effort
12	bicycling	bicycling, 16-19 mph or >19 mph drafting
11.5	running	running, 7 mph (8.5 min/mile)
11	water activities	swimming, crawl, fast (75 yards/minute), vigorous effort
11	water activities	swimming, butterfly, general
11	sports	rock climbing, ascending rock
11	running	running, 6.7 mph (9 min/mile)
10.5	conditioning exercise	bicycling, stationary, 200 watts, vigorous effort
10	conditioning exercise	HIIT conditioning or Interval work at high intensity (such as Insanity)
10	water activities	water polo
10	water activities	swimming, treading water, fast vigorous effort
10	water activities	swimming, breaststroke, general
10	water activities	swimming laps, freestyle, fast, vigorous effort
10	sports	track and field (steeplechase, hurdles)
10	sports	soccer, competitive
10	sports	rugby
10	sports	rope jumping, moderate, general
10	sports	squash or racquetball, competitive
10	sports	paddleball, competitive
10	sports	martial arts: judo, jujitsu, karate, kick boxing, tae kwan do
10	running	running, 6 mph (10 min/mile)
10	bicycling	bicycling, 14-15.9 mph, fast, vigorous effort
9	winter activities	skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
9	winter activities	skating, ice, rapidly, more than 9 mph
9	sports	orienteering
9	sports	football, competitive
9	sports	boxing, sparring
9	running	running, 5.2 mph (11.5 min/mile)
9	conditioning exercise	stair climber
8.5	dancing	step aerobics (blast step, step to it)
8.5	conditioning exercise	elliptical trainer, vigorous effort
8.5	conditioning exercise	rowing, stationary, 150 watts, vigorous effort
8.5	bicycling	bicycling, BMX or mountain
8	winter activities	snow shoeing
8	winter activities	skiing, downhill, vigorous effort, racing
8	winter activities	skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
8	water activities	water jogging
8	water activities	swimming, synchronized
8	water activities	swimming, sidestroke, general
8	water activities	swimming, crawl, slow (50 yards/minute), moderate or light effort
8	walking	walking, 5.0 mph
8	walking	rock or mountain climbing
8	sports	squash or racquetball, non-competitive
8	sports	kickboxing class
8	sports	volleyball, competitive
8	sports	tennis, singles
8	sports	rope jumping, slow
8	sports	rock climbing, rappelling
8	sports	polo
8	sports	lacrosse
8	sports	hockey, ice
8	sports	hockey, field
8	sports	handball, team
8	sports	frisbee, ultimate
8	sports	football, touch, flag, general

8	sports	basketball, game
8	running	running, 5 mph (12 min/mile)
8	running	running
8	running	jogging, in place
8	conditioning exercise	P90X - CardioX or KenpoX
8	conditioning exercise	Plyometrics
8	conditioning exercise	Boot Camp class
8	conditioning exercise	circuit training, including some aerobic movement with minimal rest
8	conditioning exercise	calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, vigorous effort
8	conditioning exercise	calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, vigorous effort
7	winter activities	sledding, tobogganing, bobsledding, luge
7	winter activities	skiing, cross country, 2.5 mph, slow or light effort, ski walking
7	winter activities	ski jumping (climb up carrying skis)
7	winter activities	skating, ice, general
7	water activities	swimming, backstroke, general
7	water activities	swimming laps, freestyle, slow, moderate or light effort
7	water activities	skindiving, SCUBA diving, general
7	water activities	skimobiling
7	water activities	canoeing, rowing, 4.0-5.9 mph, moderate effort
7	water activities	canoeing, portaging
7	walking	backpacking
7	sports	wallyball, general
7	sports	soccer, casual, general
7	sports	skating, roller
7	sports	racquetball, casual, general
7	sports	kickball
7	sports	broomball
7	sports	badminton, competitive
7	running	jogging, general
7	dancing	aerobics, high impact
7	conditioning exercise	elliptical trainer, moderate effort
7	conditioning exercise	P90X - Core synergistics
7	conditioning exercise	ski machine, general
7	conditioning exercise	rowing, stationary, 100 watts, moderate effort
7	conditioning exercise	bicycling, stationary, 150 watts, moderate effort
6.5	walking	race walking
6.5	walking	marching, rapidly, military
6.5	sports	horseback riding, trotting
6.5	sports	basketball, wheelchair
6.3	walking	walking, 4.5 mph, level, firm surface, very, very brisk
6	conditioning exercise	P90X (Ab Ripper, Balance Power, Core Synergistics)
6	winter activities	skiing, downhill, moderate effort, general
6	winter activities	moving ice house (set up/drill holes, etc.)
6	water activities	swimming, leisurely, not lap swimming, general
6	water activities	swimming, lake, ocean, river
6	water activities	skiing, water
6	walking	walking, 3.5 mph, uphill
6	walking	hiking, cross country
6	sports	wrestling (one match = 5 minutes)
6	sports	track and field (high jump, long jump, triple jump, javelin, pole vault)
6	sports	tennis, doubles
6	sports	paddleball, casual, general
6	sports	fencing
6	sports	boxing, punching bag
6	running	jog/walk combination (jogging component of less than 10 minutes)
6	conditioning exercise	P90X - X2 - Balance & Power, Ab RipperX or X2 Total Body
6	conditioning exercise	weight lifting (free weight, nautilus or universal-type), vigorous effort
6	conditioning exercise	slimnastics, jazzercise
6	conditioning exercise	Yoga (Ashtanga, Bikram, hot, Vinyasa)
6	bicycling	bicycling, 10-11.9 mph, slow, light effort
5.5	winter activities	skating, ice, 9 mph or less
5.5	dancing	Anishinaabe Jingle Dancing or other traditional American Indian dancing
5.5	conditioning exercise	elliptical trainer, low effort
5.5	conditioning exercise	health club exercise, general
5.5	conditioning exercise	stairs
5.5	conditioning exercise	bicycling, stationary, 100 watts, light effort
5	winter activities	skiing, downhill, light effort
5	water activities	whitewater rafting, kayaking, or canoeing
5	water activities	snorkeling
5	water activities	sailing, in competition
5	water activities	kayaking
5	walking	walking, 4.0 mph, level, firm surface, very brisk pace
5	sports	softball or baseball, fast or slow pitch, general
5	sports	skateboarding
5	sports	cricket (batting, bowling)
5	fishing and hunting	Stream fishing (walking in light current in waders)
5	fishing and hunting	hunting, moving only
5	Wii	Wii sports, workout or Biggest Loser (hard)
5	dancing	aerobics, low impact
5	bicycling	unicycling

4.8	dancing	dancing: ballet or modern, twist, jazz, tap, jitterbug
4.5	sports	golf, walking and carrying clubs
4.5	sports	basketball, shooting baskets
4.5	sports	badminton, social singles and doubles
4.5	running	jogging on a mini-tramp
4.5	dancing	dancing: Greek, Middle Eastern, hula, flamenco, belly, and swing dancing
4.5	dancing	ballroom dancing, fast (disco, folk, square), line dancing, Irish step dancing, polka, contra, country
4	Wii	Wii sports, workout or Biggest Loser
4	water activities	water aerobics, water calisthenics
4	water activities	swimming, treading water, moderate effort, general
4	water activities	paddle boat
4	sports	volleyball, non-competitive
4	sports	track and field (shot, discus, hammer throw)
4	sports	tai chi
4	sports	table tennis, ping pong
4	sports	motor-cross
4	sports	juggling
4	sports	horseback riding, general
4	sports	hacky sack
4	sports	gymnastics
4	sports	curling
4	fishing and hunting	fishing and walking (e.g. from river bank)
4	Wii	Wii sports, workout or Biggest Loser (easy)
4	conditioning exercise	water aerobics, water calisthenics
4	bicycling	bicycling, <10 mph
3.8	walking	walking, 3.5 mph, level, brisk, firm surface, walking for exercise
3.5	sports	trampoline
3.5	sports	sky diving
3.5	sports	horseback riding, saddling horse, grooming horse
3.5	sports	hand gliding
3.5	sports	archery (non-hunting)
3.5	conditioning exercise	rowing, stationary, 50 watts, light effort
3.5	conditioning exercise	calisthenics and back exercises, light to moderate effort
3.3	walking	walking, 3.0 mph, level, moderate pace, firm surface
3	water activities	water volleyball
3	water activities	surfing, body or board
3	water activities	sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting
3	water activities	sailing, boat and board sailing, windsurfing, ice sailing, general
3	water activities	canoeing, rowing, 2.0-3.9 mph, light effort
3	walking	walking, 2.5 mph, firm surface
3	sports	shuffleboard, lawn bowling
3	sports	horseshoe pitching, quoits
3	sports	golf, miniature, driving range
3	sports	frisbee, general
3	sports	bowling
3	dancing	ballroom dancing, slow (e.g. waltz, foxtrot, slow dancing), samba, tango, 19th C, mambo, chacha
3	conditioning exercise	weight lifting (free, nautilus or universal-type), light or moderate effort
2.5	sports	horseback riding, walking
2.5	sports	football or baseball, playing catch
2.5	sports	darts, wall or lawn
2.5	sports	croquet
2.5	conditioning exercise	stretching, hatha yoga, Iyengar style yoga, Pilates