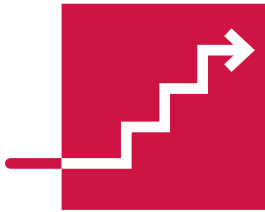## Facilities Planning & Management
UNIVERSITY OF WISCONSIN–MADISON

READY...SET...STEP!
FP&M 2022 STEP CHALLENGE

September 1 - September 30, 2022

September has arrived and Fall is in the air! It's time for the Step Challenge from the FP&M Wellness Committee.

Here's the goal to achieve as a team between September 1 and September 30 and how to join in:

PER PERSON AVERAGE GOAL: 5,800 steps
PER PERSON TOTAL GOAL: 174,000 steps
TOTAL FP&M GOAL: 10,000,000 steps

I'm intrigued...I want to count my steps. Now what?

1. Go to the Count.It website: **go.wisc.edu/fpm-steps** or scan the QR code at right

2. Create an account (name, email, password)

3. Connect your fitness tracking device or download and sync the Count.It app.

4. Voila! You should see yourself as a member of the Count.It group called "UW Facilities Planning & Management"

5. Start Stepping* to contribute to the FP&M goals!

We will use the same app as before, Count.It, a free online platform where you can track your steps seamlessly into a daily "Count It Score". Connect a fitness tracker/pedometer or manually enter activities (see pages 2-3). We've set up a UW Facilities Planning & Management Group and we're in this together!

While the free Count.It platform does not allow manual activity entry (such as biking, dancing, cleaning the house, etc.), you can manually enter steps for these activities in your iOS/Android device, which will sync into Count.It. Use the included conversion sheets on p. 2 - 3 for reference when turning activities into steps.

If you have questions, reach out to a Wellness Committee member or email wellness@fpm.wisc.edu.

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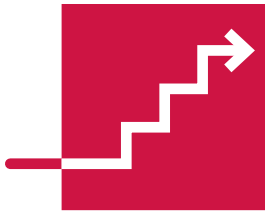
Steps-Per-Minute
CONVERSION CHART

Use the chart below to manually convert your activities into steps.

No fitness tracker? No problem.
Simply find the activity's Steps-Per-Minute (SPM): Multiply by the number of minutes you spent doing the activity.
(# Minutes Spent x SPM = # STEPS)
Then, manually add your steps to the Count.It app!

ACTIVITY	SPM	ACTIVITY	SPM
Aerobic dancing, low impact	118	Gardening (seated/kneeling)	73
Aerobic dancing, strenuously	140	Handball, recreational	142
Badminton, competitive	136	Hoeing in a garden	93
Badminton, recreational	98	Horseback riding, leisurely	31
Basketball, recreational	129	Horseback riding, trotting	102
Boxing in a ring, competitive	213	Ice skating, leisurely	84
Canoeing, leisurely	100	Ice skating, competitive	162
Carrying logs	176	Inline skating	93
Cross-country skiing	114	Judo, competitive	187
Cross-country skiing, moderately	164	Mopping floors	51
Cross-country skiing, rapidly	256	Mountain climbing	153
Cycling at 5.5 mph	51	Mowing the lawn	135
Cycling at 10 mph	93	Painting (houses, fences, etc.)	78
Cycling, competitive racing (20 mph)	160	Racquetball, competitive	198
Dancing, choreographed	158	Racquetball, recreational	138
Dancing socially (rock, disco, etc.)	93	Roller-skating, competitive	173
Elliptical trainer, medium speed	200	Rowing at 12 mph	289

If an activity is not on the list, you can get close enough by finding an activity on the table that is most similar and estimate its value.
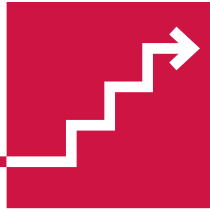
go.wisc.edu/fpm-steps

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ACTIVITY	SPM	ACTIVITY	SPM
Running an 8-minute mile	200	Swimming a backstroke at 2 mph	196
Running a 9-minute mile	184	Swimming, breast stroke 1 mph	89
Sawing wood with a handsaw	113	Swimming breast stroke 2 mph	178
Shoveling heavy snow	278	Swimming, crawl stroke 1 mph	91
Skiing downhill, slowly	109	Swimming, crawl stroke 2 mph	156
Skipping rope, 120–170 turns/minute	167	Swimming, treading water	98
Soccer, recreational	144	Tennis, competitive doubles	102
Soccer, competitive	218	Vacuuming	51
Stacking firewood	89	Walking at a normal pace	100
Stair-climbing at 26 stairs/minute	89	Walking in water, leisurely	49
Stair-climbing at 39 stairs/minute	133	Waterskiing	104
Stair-climbing at 52 stairs/minute	180	Weightlifting (abdominal only)	64
Stair-climbing at 78 stairs/minute	267	Weightlifting (arms only)	42
Stair-climbing at 91 stairs/minute	309	Weightlifting (back only)	80
Stair-climbing at 100 stairs/minute	311	Weightlifting (legs only)	96
Step aerobics	145	Weightlifting (shoulders only)	69
Swimming a backstroke at 1 mph	111	Yoga	100

If an activity is not on the list, you can get close enough by finding an activity on the table that is most similar and estimate its value.

go.wisc.edu/fpm-steps

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