

Activity Listing

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Listing by Exercise Type

Type of Exercise	Activity [Points per Minute]
Aerobics	Aerobics, high impact [20] Aerobics, low impact [14] Boot Camp [21] Calisthenics, home[13] Circuit training, general [23] CrossFit, fast pace [23] CrossFit, moderate pace [17] Elliptical trainer, moderate [19] Elliptical trainer, vigorous effort [23] Gymnastics, general [11] Insanity workout (High intensity training) [23] Rowing, stationary, light effort [20] Rowing, stationary, moderate effort [24] Stair climber, general [17] Zumba, high intensity (1-2 word sentences) [22] Zumba, moderate (able to talk) [19]
Basketball	Basketball, game [23] Basketball, nongame, general [18] Basketball, shooting baskets [13]
Cycling	Bicycling hills, light effort [23] Bicycling hills, moderate effort [30] Bicycling hills, vigorous effort [37] Bicycling leisure (<11 mph or <18 km/h) [11] Bicycling light effort (12-13 mph or 19-21 km/h) [17] Bicycling moderate effort (14-15 mph or 22-24 km/h) [23] Bicycling moderately fast (16-17 mph or 25-27 km/h) [34] Bicycling quickly or fast (18-19 mph or 29-31 km/h) [40] Bicycling racing (>20 mph or >32 km/h) [46] Bicycling, BMX or mountain [24] Bicycling, stationary, light effort [16] Bicycling, stationary, moderate effort [20] Bicycling, stationary, vigorous effort [30] Spinning class, moderate effort [20] Spinning class, vigorous effort [30]
Dancing	Dancing, aerobic [17] Dancing, general [13]

Football/Soccer	Football (US) or baseball, playing catch [7] Football (international style) competitive [29] Football (international style) general [20] Football (US style) competitive [26] Football (US style) touch, flag [23] Futsal, competitive [20] Futsal, general [29] Soccer, general [20] Soccer, competitive [29]
Golf	Golf, carrying clubs [16] Golf, driving range [9] Golf, using power cart [10]
Home/Yard Work	Chopping wood [17] Cleaning house, general [9] Construction, outside, remodeling [16] Feeding livestock, [13] Gardening, general [14] Mowing lawn, general [16] Painting, papering, plastering, scraping [13] Raking lawn [11]
Martial Arts	Judo [29] Karate, intense effort [29] Karate, moderate effort [20] Kick boxing [29] Tai chi [11] Tai kwan do [29]
Racquet Sports	Badminton, competitive [20] Badminton, general [13] Handball, general [34] Jai alai [34] Lacrosse [23] Paddleball [17] Racquetball, competitive [29] Racquetball, general [20] Squash [34] Table tennis, ping pong [11] Tennis, doubles [17] Tennis, singles [23]
Recreation	Archery [10] Backpacking, general [20] Bowling [9] Boxing, punching bag [17] Boxing, sparring [26]

Recreation (continued)	<p>Cricket (batting, bowling) [14] Curling [11] Fishing in stream, in waders [17] Frisbee playing, general [9] Hockey [23] Horse racing, galloping [23] Horseback riding, general [11] Horseback riding, trotting [19] Hunting, walking [14] Kickball [20] Moto-cross [11] Netball, high intensity [23] Netball, low intensity [17] Polo [23] Rock climbing, ascending rock [31] Rock climbing, rappelling [23] Rope jumping, fast [30] Rugby [29] Skateboarding [14] Softball or baseball, fast or slow pitch [14] Volleyball, beach [23] Volleyball, competitive, in gymnasium [19]</p>
Running	<p>FitBit Entry High Effort [12] Jogging (13 min/mi or 8 min/km) [15] Running (12 min/mi or 7.5 min/km) [17] Running (10 min/mi or 6.2 min/km) [19] Running (9.5 min/mi or 5.9 min/km) [21] Running (9 min/mi or 5.6 min/km) [25] Running (8.5 min/mi or 5.3 min/km) [29] Running (8 min/mi or 5 min/km) [32] Running (7.5 min/mi or 4.7 min/km) [34] Running (7 min/mi or 4.3 min/km) [37] Running (6.5 min/mi or 4 min/km) [40] Running (6 min/mi or 3.7 min/km) [44] Running (5.5 min/mi or 3.4 min/km) [46] Running hills light effort [32] Running hills moderate effort [37] Running hills vigorous effort [44] Running, stairs, up [37]</p>
Skating	<p>Skating, ice, rapidly (>9 mph or >14.5 km/h) [26] Skating, roller [20]</p>

Snow Sports	Ski machine, general [27] Skiing, cross-country, moderate effort [23] Skiing, cross-country, slow or light effort [20] Skiing, cross-country, vigorous effort [26] Skiing, downhill, light effort [14] Skiing, downhill, moderate effort [17] Skiing, downhill, vigorous effort, racing [23] Snow shoeing [23] Snowboarding [17] Snowmobiling [10]
Strength/Muscle Conditioning	Body Pump [24] P90X [17] Pilates, Advanced [18] Pilates, Beginner [11] Pilates, Intermediate [15] TRX Suspension Training [12] Weight lifting or body building, vigorous effort [18] Weight lifting, moderate effort [12] Yoga, ashtanga or power style [11] Yoga, bikram or hot style [20] Yoga, hatha stretching [11] Yoga, vinyasa style [17]
Swimming	Skin diving, scuba diving, general [20] Snorkeling [14] Swimming laps, vigorous effort [29] Swimming laps, light/moderate effort [23] Swimming, leisurely, general [17] Swimming, treading water, fast/vigorous [29] Swimming, treading water, moderate effort [17]
Walking	FitBit Moderate Effort [8] Hiking, cross country [17] Pedometer conversion [7] Pushing or pulling stroller with child [10] Race walking [19] Walk/run-playing with children [11] Walking at mod. pace, walking dog (3 mph or 5 km/h)[10] Walking slow pace (2 mph or 3.5 km/h) [7] Walking very brisk pace (4 mph or 6.5 km/h) [11]

Water Sports

- Canoeing, rowing, crewing, competition [34]
- Canoeing, rowing, light effort [9]
- Canoeing, rowing, moderate effort [20]
- Kayaking [14]
- Sailing, competitive [14]
- Sailing, general [9]
- Skiing, water [17]
- Surfing [11]
- Wakeboarding [17]
- Water aerobics, water calisthenics [11]
- Water polo [29]
- Windsurfing [10]

Activity Listing by Alphabet

Activity [Points per minute]	Type
Aerobics, high impact [20]	Aerobics
Aerobics, low impact [14]	Aerobics
Archery [10]	Recreation
Backpacking, general [20]	Recreation
Badminton, competitive [20]	Racquet Sports
Badminton, general [13]	Racquet Sports
Basketball, game [23]	Basketball
Basketball, nongame, general [18]	Basketball
Basketball, shooting baskets [13]	Basketball
Bicycling hills, light effort [23]	Cycling
Bicycling hills, moderate effort [30]	Cycling
Bicycling hills, vigorous effort [37]	Cycling
Bicycling leisure (<11 mph or <18 km/h) [11]	Cycling
Bicycling light effort (12-13 mph or 19-21 km/h) [17]	Cycling
Bicycling moderate effort (14-15 mph or 22-24 km/h) [23]	Cycling
Bicycling moderately fast (16-17 mph or 25-27 km/h) [34]	Cycling
Bicycling quickly or fast (18-19 mph or 29-31 km/h) [40]	Cycling
Bicycling racing (>20 mph or >32 km/h) [46]	Cycling
Bicycling, BMX or mountain [24]	Cycling
Bicycling, stationary, light effort [16]	Cycling
Bicycling, stationary, moderate effort [20]	Cycling
Bicycling, stationary, vigorous effort [30]	Cycling
Body Pump [24]	Strength/Conditioning
Boot Camp [21]	Aerobics
Bowling [9]	Recreation
Boxing, punching bag [17]	Recreation
Boxing, sparring [26]	Recreation
Calisthenics, home[13]	Aerobics
Canoeing, rowing, crewing, competition [34]	Water Sports
Canoeing, rowing, light effort [9]	Water Sports
Canoeing, rowing, moderate effort [20]	Water Sports
Chopping wood [17]	Home/Yard Work
Circuit training, general [23]	Aerobics
Cleaning house, general [9]	Home/Yard Work
Construction, outside, remodeling [16]	Home/Yard Work
Cricket (batting, bowling) [14]	Recreation
CrossFit, fast pace [23]	Aerobics
CrossFit, moderate pace [17]	Aerobics
Curling [11]	Recreation
Dancing, aerobic [17]	Dancing
Dancing, general [13]	Dancing
Elliptical trainer, moderate [19]	Aerobics
Elliptical trainer, vigorous effort [23]	Aerobics
Feeding livestock, [13]	Home/Yard Work
Fishing in stream, in waders [17]	Recreation
FitBit Entry High Effort [12]	Running
FitBit Moderate Effort [8]	Walking

Football (international style) competitive [29]	Football/Soccer
Football (international style) general [20]	Football/Soccer
Football (US style) competitive [26]	Football/Soccer
Football (US style) touch, flag [23]	Football/Soccer
Football (US) or baseball, playing catch [7]	Football/Soccer
Frisbee playing, general [9]	Recreation
Futsal, competitive [20]	Football/Soccer
Futsal, general [29]	Football/Soccer
Gardening, general [14]	Home/Yard Work
Golf, carrying clubs[16]	Golf
Golf, driving range [9]	Golf
Golf, using power cart [10]	Golf
Gymnastics, general [11]	Aerobics
Handball, general [34]	Racquet Sports
Hiking, cross country [17]	Walking
Hockey [23]	Recreation
Horse racing, galloping [23]	Recreation
Horseback riding, general [11]	Recreation
Horseback riding, trotting [19]	Recreation
Hunting, walking [14]	Recreation
Insanity workout (High intensity training) [23]	Aerobics
Jai alai [34]	Racquet Sports
Jogging (13 min/mi or 8 min/km) [15]	Running
Judo [29]	Martial Arts
Karate, intense effort [29]	Martial Arts
Karate, moderate effort [20]	Martial Arts
Kayaking [14]	Water Sports
Kick boxing [29]	Martial Arts
Kickball [20]	Recreation
Lacrosse [23]	Racquet Sports
Moto-cross [11]	Recreation
Mowing lawn, general [16]	Home/Yard Work
Netball, high intensity [23]	Recreation
Netball, low intensity [17]	Recreation
P90X [17]	Strength/Conditioning
Paddleball [17]	Racquet Sports
Painting, papering, plastering, scraping [13]	Home/Yard Work
Pedometer conversion [7]	Walking
Pilates, Advanced [18]	Strength/Conditioning
Pilates, Beginner [11]	Strength/Conditioning
Pilates, Intermediate [15]	Strength/Conditioning
Pushing or pulling stroller with child [10]	Walking
Race walking [19]	Walking
Racquetball, competitive [29]	Racquet Sports
Racquetball, general [20]	Racquet Sports
Raking lawn [11]	Home/Yard Work
Rock climbing, ascending rock [31]	Recreation
Rock climbing, rappelling [23]	Recreation
Rope jumping, fast [30]	Recreation
Rowing, stationary, light effort [20]	Aerobics
Rowing, stationary, moderate effort [24]	Aerobics

Rugby [29]	Recreation
Running (10 min/mi or 6.2 min/km) [19]	Running
Running (12 min/mi or 7.5 min/km) [17]	Running
Running (5.5 min/mi or 3.4 min/km) [46]	Running
Running (6 min/mi or 3.7 min/km) [44]	Running
Running (6.5 min/mi or 4 min/km) [40]	Running
Running (7 min/mi or 4.3 min/km) [37]	Running
Running (7.5 min/mi or 4.7 min/km) [34]	Running
Running (8 min/mi or 5 min/km) [32]	Running
Running (8.5 min/mi or 5.3 min/km) [29]	Running
Running (9 min/mi or 5.6 min/km) [25]	Running
Running (9.5 min/mi or 5.9 min/km) [21]	Running
Running hills light effort [32]	Running
Running hills moderate effort [37]	Running
Running hills vigorous effort [44]	Running
Running, stairs, up [37]	Running
Sailing, competitive [14]	Water Sports
Sailing, general [9]	Water Sports
Skateboarding [14]	Recreation
Skating, ice, rapidly (>9 mph or >14.5 km/h) [26]	Skating
Skating, roller [20]	Skating
Ski machine, general [27]	Snow Sports
Skiing, cross-country, moderate effort [23]	Snow Sports
Skiing, cross-country, slow or light effort [20]	Snow Sports
Skiing, cross-country, vigorous effort [26]	Snow Sports
Skiing, downhill, light effort [14]	Snow Sports
Skiing, downhill, moderate effort [17]	Snow Sports
Skiing, downhill, vigorous effort, racing [23]	Snow Sports
Skiing, water [17]	Water Sports
Skin diving, scuba diving, general [20]	Swimming
Snorkeling [14]	Swimming
Snow shoeing [23]	Snow Sports
Snowboarding [17]	Snow Sports
Snowmobiling [10]	Snow Sports
Soccer, competitive [29]	Football/Soccer
Soccer, general [20]	Football/Soccer
Softball or baseball, fast or slow pitch [14]	Recreation
Spinning class, moderate effort [20]	Cycling
Spinning class, vigorous effort [30]	Cycling
Squash [34]	Racquet Sports
Stair climber, general [17]	Aerobics
Surfing [11]	Water Sports
Swimming laps, light/moderate effort [23]	Swimming
Swimming laps, vigorous effort [29]	Swimming
Swimming, leisurely, general [17]	Swimming
Swimming, treading water, fast/vigorous [29]	Swimming
Swimming, treading water, moderate effort [17]	Swimming
Table tennis, ping pong [11]	Racquet Sports
Tai chi [11]	Martial Arts
Tai kwan do [29]	Martial Arts
Tennis, doubles [17]	Recreation

Tennis, singles [23]	Racquet Sports
TRX Suspension Training [12]	Strength/Conditioning
Volleyball, beach [23]	Recreation
Volleyball, competitive, in gymnasium [19]	Recreation
Wakeboarding [17]	Water Sports
Walk/run-playing with children [11]	Walking
Walking at mod. pace, walking dog (3 mph or 5 km/h)[10]	Walking
Walking slow pace (2 mph or 3.5 km/h) [7]	Walking
Walking very brisk pace (4 mph or 6.5 km/h) [11]	Walking
Water aerobics, water calisthenics [11]	Water Sports
Water polo [29]	Water Sports
Weight lifting or body building, vigorous effort [18]	Strength/Conditioning
Weight lifting, moderate effort [12]	Strength/Conditioning
Windsurfing [10]	Water Sports
Yoga, ashtanga or power style [11]	Strength/Conditioning
Yoga, bikram or hot style [20]	Strength/Conditioning
Yoga, hatha stretching [11]	Strength/Conditioning
Yoga, vinyasa style [17]	Strength/Conditioning
Zumba, high intensity (1-2 word sentences) [22]	Aerobics
Zumba, moderate (able to talk) [19]	Aerobics

Activity Listing by Points per Minute

Points	Activity [Points per minute]	Type
7	Football (US) or baseball, playing catch [7]	Football/Soccer
	Pedometer conversion [7]	Walking
	Walking slow pace (2 mph or 3.5 km/h) [7]	Walking
8	FitBit Moderate Effort [8]	Walking
9	Bowling [9]	Recreation
	Canoeing, rowing, light effort [9]	Water Sports
	Cleaning house, general [9]	Home/Yard Work
	Frisbee playing, general [9]	Recreation
	Golf, driving range [9]	Golf
	Sailing, general [9]	Water Sports
10	Archery [10]	Recreation
	Golf, using power cart [10]	Golf
	Pushing or pulling stroller with child [10]	Walking
	Snowmobiling [10]	Snow Sports
	Walking at mod. pace, walking dog (3 mph or 5 km/h)[10]	Walking
	Windsurfing [10]	Water Sports
11	Bicycling leisure (<11 mph or <18 km/h) [11]	Cycling
	CrossFit, moderate pace [17]	Aerobics
	Curling [11]	Recreation
	Gymnastics, general [11]	Aerobics
	Horseback riding, general [11]	Recreation
	Moto-cross [11]	Recreation
	Pilates, Beginner [11]	Strength/Muscle Conditioning
	Raking lawn [11]	Home/Yard Work
	Surfing [11]	Water Sports
	Table tennis, ping pong [11]	Racquet Sports
	Tai chi [11]	Martial Arts
	Walk/run-playing with children [11]	Walking
	Walking very brisk pace (4 mph or 6.5 km/h) [11]	Walking
	Water aerobics, water calisthenics [11]	Water Sports
	Yoga, ashtanga or power style [11]	Strength/Muscle Conditioning
Yoga, hatha stretching [11]	Strength/Muscle Conditioning	
12	FitBit Entry High Effort [12]	Running
	TRX Suspension Training [12]	Strength/Muscle Conditioning
	Weight lifting, moderate effort [12]	Strength/Muscle Conditioning
13	Badminton, general [13]	Racquet Sports
	Basketball, shooting baskets [13]	Basketball
	Calisthenics, home[13]	Aerobics

13	Dancing, general [13] Feeding livestock, [13] Jogging (13 min/mi or 8 min/km) [15] Painting, papering, plastering, scraping [13]	Dancing Home/Yard Work Running Home/Yard Work
14	Aerobics, low impact [14] Construction, outside, remodeling [16] Gardening, general [14] Hunting, walking [14] Kayaking [14] Sailing, competitive [14] Skateboarding [14] Skiing, downhill, light effort [14] Snorkeling [14] Softball or baseball, fast or slow pitch [14]	Aerobics Home/Yard Work Home/Yard Work Recreation Water Sports Water Sports Recreation Snow Sports Swimming Recreation
15	Pilates, Intermediate [15]	Strength/Muscle Conditioning
16	Bicycling, stationary, light effort [16] Golf, carrying clubs[16] Mowing lawn, general [16]	Cycling Golf Home/Yard Work
17	Bicycling light effort (12-13 mph or 19-21 km/h) [17] Boxing, punching bag [17] Chopping wood [17] CrossFit, fast pace [23] Dancing, aerobic [17] Fishing in stream, in waders [17] Hiking, cross country [17] Netball, low intensity [17] P90X [17] Paddleball [17] Running (12 min/mi or 7.5 min/km) [17] Skiing, downhill, moderate effort [17] Skiing, water [17] Snowboarding [17] Stair climber, general [17] Swimming, leisurely, general [17] Swimming, treading water, moderate effort [17] Tennis, doubles [17] Wakeboarding [17] Yoga, vinyasa style [17]	Cycling Recreation Home/Yard Work Aerobics Dancing Recreation Walking Recreation Strength/Muscle Conditioning Racquet Sports Running Snow Sports Water Sports Snow Sports Aerobics Swimming Swimming Recreation Water Sports Strength/Muscle Conditioning
18	Basketball, nongame, general [18] Pilates, Advanced [18] Weight lifting or body building, vigorous effort [18]	Basketball Strength/Muscle Conditioning Strength/Muscle Conditioning
19	Elliptical trainer, moderate [19]	Aerobics

19	Horseback riding, trotting [19] Race walking [19] Running (10 min/mi or 6.2 min/km) [19] Volleyball, competitive, in gymnasium [19] Zumba, moderate (able to talk) [19]	Recreation Walking Running Recreation Aerobics
20	Aerobics, high impact [20] Backpacking, general [20] Badminton, competitive [20] Bicycling, stationary, moderate effort [20] Canoeing, rowing, moderate effort [20] Football (international style) general [20] Futsal, competitive [20] Karate, moderate effort [20] Kickball [20] Racquetball, general [20] Rowing, stationary, light effort [20] Skating, roller [20] Skiing, cross-country, slow or light effort [20] Skin diving, scuba diving, general [20] Soccer, general [20] Spinning class, moderate effort [20] Yoga, bikram or hot style [20]	Aerobics Recreation Racquet Sports Cycling Water Sports Football/Soccer Football/Soccer Martial Arts Recreation Racquet Sports Aerobics Skating Snow Sports Swimming Football/Soccer Cycling Strength/Muscle Conditioning
21	Boot Camp [21] Running (9.5 min/mi or 5.9 min/km) [21]	Aerobics Running
22	Zumba, high intensity (1-2 word sentences) [22]	Aerobics
23	Basketball, game [23] Bicycling hills, light effort [23] Bicycling moderate effort (14-15 mph or 22-24 km/h) [23] Circuit training, general [23] Cricket (batting, bowling) [14] Elliptical trainer, vigorous effort [23] Football (US style) touch, flag [23] Hockey [23] Horse racing, galloping [23] Insanity workout (High intensity training) [23] Lacrosse [23] Netball, high intensity [23] Rock climbing, rappelling [23] Skiing, cross-country, moderate effort [23] Skiing, downhill, vigorous effort, racing [23] Snow shoeing [23] Swimming laps, light/moderate effort [23]	Basketball Cycling Cycling Aerobics Recreation Aerobics Football/Soccer Recreation Recreation Aerobics Racquet Sports Recreation Recreation Snow Sports Snow Sports Snow Sports Swimming

23	Tennis, singles [23] Volleyball, beach [23]	Racquet Sports Recreation
24	Bicycling, BMX or mountain [24] Body Pump [24] Rowing, stationary, moderate effort [24]	Cycling Strength/Muscle Conditioning Aerobics
25	Running (9 min/mi or 5.6 min/km) [25]	Running
26	Boxing, sparring [26] Football (US style) competitive [26] Skating, ice, rapidly (>9 mph or >14.5 km/h) [26] Skiing, cross-country, vigorous effort [26]	Recreation Football/Soccer Skating Snow Sports
27	Ski machine, general [27]	Snow Sports
29	Football (international style) competitive [29] Futsal, general [29] Judo [29] Karate, intense effort [29] Kick boxing [29] Racquetball, competitive [29] Rugby [29] Running (8.5 min/mi or 5.3 min/km) [29] Soccer, competitive [29] Swimming laps, vigorous effort [29] Swimming, treading water, fast/vigorous [29] Tai kwan do [29] Water polo [29]	Football/Soccer Football/Soccer Martial Arts Martial Arts Martial Arts Racquet Sports Recreation Running Football/Soccer Swimming Swimming Martial Arts Water Sports
30	Bicycling hills, moderate effort [30] Bicycling, stationary, vigorous effort [30] Rope jumping, fast [30] Spinning class, vigorous effort [30]	Cycling Cycling Recreation Cycling
31	Rock climbing, ascending rock [31]	Recreation
32	Running (8 min/mi or 5 min/km) [32] Running hills light effort [32]	Running Running
34	Bicycling moderately fast (16-17 mph or 25-27 km/h) [34] Canoeing, rowing, crewing, competition [34] Handball, general [34] Jai alai [34] Running (7.5 min/mi or 4.7 min/km) [34] Squash [34]	Cycling Water Sports Racquet Sports Racquet Sports Running Racquet Sports
37	Bicycling hills, vigorous effort [37] Running (7 min/mi or 4.3 min/km) [37] Running hills moderate effort [37] Running, stairs, up [37]	Cycling Running Running Running

40	Bicycling quickly or fast (18-19 mph or 29-31 km/h) [40] Running (6.5 min/mi or 4 min/km) [40]	Cycling Running
44	Running (6 min/mi or 3.7 min/km) [44] Running hills vigorous effort [44]	Running Running
46	Bicycling racing (>20 mph or >32 km/h) [46] Running (5.5 min/mi or 3.4 min/km) [46]	Cycling Running

