

FITNESS ACTIVITY CONVERSION TABLE (F.A.C.T.)

To accurately record your fitness activity we recommend using a free fitness app (e.g. Strava), a feature on your smartphone or even a pedometer. **This table is for anyone who doesn't use a fitness app OR wants to convert STEPS* or other non-distance related fitness activity into kilometres.** FACT includes a number of water-resistance activities (shown in **BLUE**) which more accurately reflect effort rather than actual distance. Once calculated an equivalent distance can be manually uploaded using the POST A DISTANCE box on the Mission Page. The FACT Target Time for each activity (equal to 6 km on foot) is shown in **MAROON**.

ACTIVITY	FACT Target Time ≈ 6 km	20 Minutes (Equiv. Distance)	40 Minutes (Equiv. Distance)	60 Minutes (Equiv. Distance)
Aerobics	30 minutes	4 km	8 km	12 km
Badminton	40 minutes	3 km	6 km	9 km
Basketball/Netball	40 minutes	3 km	6 km	9 km
Bowls	2 hours	1 km	2 km	3 km
Boxing	24 minutes	5 km	10 km	15 km
Circuit Training	24 minutes	5 km	10 km	15 km
Climbing	30 minutes	4 km	8 km	12 km
Cricket (Batting/Bowling)	30 minutes	3 km	6 km	9 km
Crossfit	24 minutes	5 km	10 km	15 km
Dance/Zumba	30 minutes	4 km	8 km	12 km
Deep Water Running	30 minutes	4 km	8 km	12 km
Field Athletics	40 minutes	3 km	6 km	9 km
Football	40 minutes	3 km	6 km	9 km
Golf	2 hours	1 km	2 km	3 km
Gymnastics	40 minutes	3 km	6 km	9 km
H.I.I.T.	24 minutes	5 km	10 km	15 km
Hockey/Lacrosse	40 minutes	3 km	6 km	9 km
Horse Riding	2 hours	1 km	2 km	3 km
Ice Hockey	40 minutes	3 km	6 km	9 km
Ice Skating	1 hour	2 km	4 km	6 km
Kayaking/Canoeing	40 minutes	3 km	6 km	9 km
Les Mills Body Combat/Attack	24 minutes	5 km	10 km	15 km
Les Mills CX Worx	40 minutes	3 km	6 km	9 km
Martial Arts	24 minutes	5 km	10 km	15 km
Rowing	24 minutes	5 km	10 km	15 km
Rugby	40 minutes	3 km	6 km	9 km
Skiing (Downhill)	40 minutes	3 km	6 km	9 km
Skipping	24 minutes	5 km	10 km	15 km
Snowboarding	40 minutes	3 km	6 km	9 km
Spin Biking	30 minutes	4 km	8 km	12 km
Squash	30 minutes	4 km	8 km	12 km
SUP/Paddleboard	40 minutes	3 km	6 km	9 km
Step/Box Fitness	24 minutes	5 km	10 km	15 km
Surfing	1 hour	2 km	4 km	6 km
Swimming	40 minutes	3 km	6 km	9 km
Table Tennis	1 hour	2 km	4 km	6 km
Tennis	40 minutes	3 km	6 km	9 km
Trampolineing	30 minutes	4 km	8 km	12 km
Walk with Dog/Kids	2 hours	1 km	2 km	3 km
Weight Training	30 minutes	4 km	8 km	12 km
Wheelchair Sports	24 minutes	5 km	10 km	15 km
Yoga/Pilates	1 hour	2 km	4 km	6 km

***STEPS: You may record your STEPS via a fitness app (e.g. Fitbit, Garmin, Apple Health) but STEPS must be converted into distance and manually added to the mission. FACT recommend 2,500 STEPS equals 2 km (7,500 STEPS = 6 km) [Ref: www.kylesconverter.com]. 7,500 STEPS should comfortably be achieved with 1 hour of brisk walking per day.**