



Movement Challenge Calculator

Convert physical activity into virtual miles

Select an activity:

Bicycling (vigorous, 14-15.9 mph)

×

Enter time spent (minutes):

60

+

Enter Steps:

-

6500

OR

7.5 miles

From time spent

3.3 miles

From steps

Conversion Rate: 8 minutes = 1 mile

Input #1:
7.5 miles for cycling

Input #2:
3.3 miles for daily steps

Scenario:

Today I completed a vigorous bike ride workout. I cycled for 60 minutes. I also completed 6500 steps throughout the day. I will submit 7.5 miles for my cycling exercise, and 3.3 miles for my steps, giving me a total of 10.8 miles for the day.

💡 Tip: This app works offline! [Install for quick access.](#)

RunSignup

Conversion Chart PDF



Log issues and request features | Created by E-gineering, Inc.