

FUND OUR FORT

ACTIVITY CONVERSION CHART

Use the chart to find out how many miles you complete doing different exercises or day to day activities. Then enter your miles by scanning the QR code or visiting bit.ly/FundOurFortTracker



Activity	Miles/min	Miles/10mins
Archery	0.05	0.50
Badminton	0.07	0.70
Ballet	0.06	0.60
Basketball	0.07	0.70
Bowling	0.04	0.40
Canoeing	0.05	0.50
Climbing, indoor/outdoor	0.14	1.40
Football	0.10	1.00
Gardening	0.04	0.40
Grocery Shopping	0.03	0.30
Gymnastics	0.06	0.60
Hockey	0.12	1.20
Horse Riding	0.05	0.50
Housework	0.04	0.40
Kickboxing/MMA	0.15	1.50
Martial Arts	0.12	1.20
Mowing Lawn	0.06	0.60
Rugby	0.15	1.50
Skateboarding	0.05	0.50
Swimming	0.09	0.90
Table Tennis	0.06	0.60
Tennis	0.10	1.00
Trampolining	0.05	0.50
Yoga	0.02	0.20

PLEASE MAKE SURE YOU PARTICIPATE IN ALL ACTIVITIES SAFELY, AND ADHERE TO THE CURRENT OFFICIAL GOVERNMENT COVID-19 GUIDANCE.