**~ Boost your NEAT ~ Worksheet 1 - October 2019**

Hey lady! Short, snappy check in worksheet for this month. Let’s get a handle on how much you REALLY move in a day. Self-awareness is the foundation of transformation. Let’s go!

**How much regular structured exercise do you do each week?**

(ie. a bush run, a zumba class, etc.) What do you do? How much? How often?

|  |
| --- |
|  |

**Is it easy to fit this exercise time in or not?**



 Yes Kinda Nope

**When do you take the stairs? How many flights? How often?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How far do you walk each day, do you think?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Where do you go for coffee? How do you get there?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How do you get to work?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How do you drop the kids at school?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Look at your phone and find the section that tracks your movement: how many steps did you take each day for thee last week?**



|  |  |
| --- | --- |
| **Day** | **Steps** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

**How many hours or TV do you watch in the average week to wind down?** \_\_\_\_\_\_\_\_\_\_\_\_

**Do you stand up to do your job, or do you sit at a desk?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you have a cleaner?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you have a gardener?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Nice job, you! Okay – now go dive into the tutorial for this months tools on NEAT!*

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