**~ Sweet NEAT ~ Worksheet 1 – July 2021**

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?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

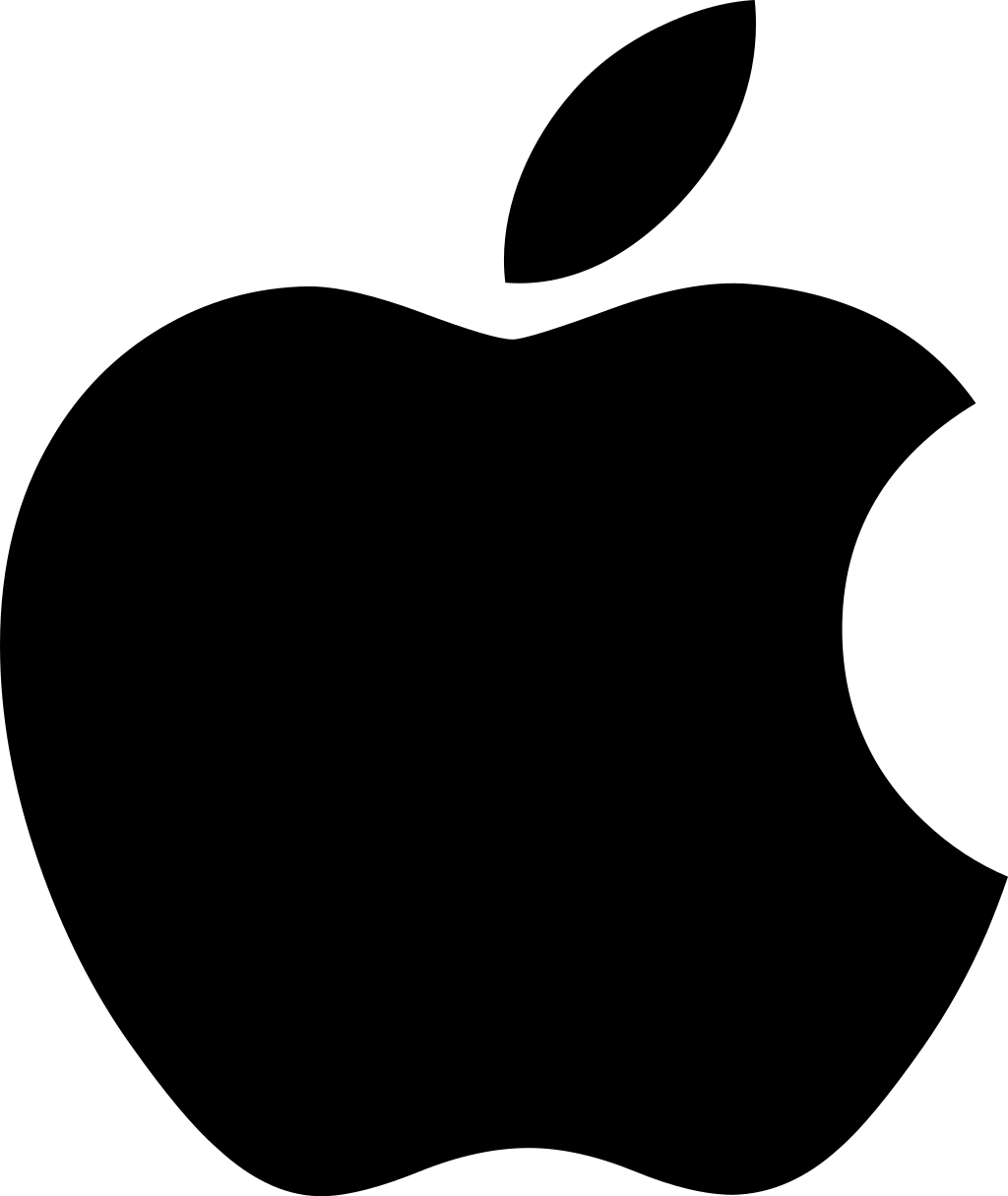
**How do you get to work?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**Do you have a Fitbit or Garmin or other step counting device?** Don’t worry if you don’t, your phone can do it too!

 Yes, it’s a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  No, but I’ve got a smart phone

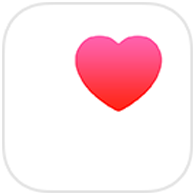
**Look at your phone and find the section that tracks your movement: how many steps did you take each day for the last week?**



How to access your **step counter** on your mobile:



You can tap the “Day”, “Week”, “Month”, and “Year” cards to see how many steps you’ve taken.



Tap the “**Health**” app icon, on your home screen.

iPhones

Android

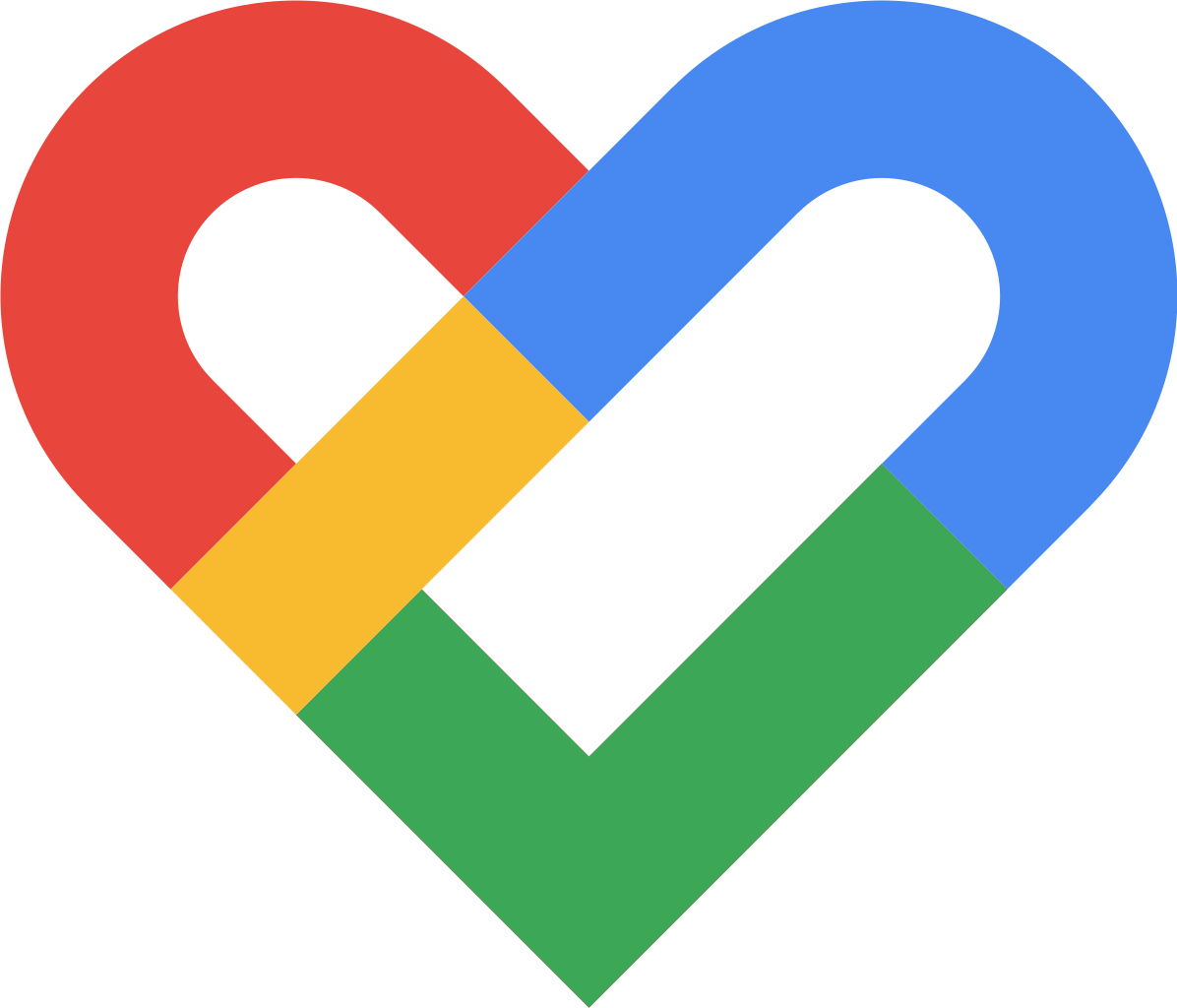
Depending on the brand of your device, you may have:

Samsung Health

Huawei Health

*Or* another app pre-installed.

You can install **Google Fit** if you do not have anything pre-installed.



|  |  |
| --- | --- |
| **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 have a physically active job? Do you walk or stand up to do it? Or do you work mainly 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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