



Smart, busy women
improving their
wellbeing

one bite at a time!

WELLBEING
WARRIORS

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~ 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?

Day	Steps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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

 **iPhones**
 Tap the "**Health**" app icon, on your home screen.
You can tap the "Day", "Week", "Month", and "Year" cards to see how many steps you've taken.

 **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.

How many hours of 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 month's tools on NEAT!

