



# Daily NEAT (Non-Exercise Activity Thermogenesis) Activity Log

	STANCE	STANDING	STROLLING	STAIRS	SAMBA	SWITCH
7:00-8.00AM						
8:00-9.00AM						
9:00-10.00AM						
10:00-11.00AM						
11:00-12.00AM						
12:00-1.00PM						
1:00-2.00PM						
2:00-3.00PM						
3:00-4.00PM						
4:00-5.00PM						
5:00-6.00PM						
6:00-7.00PM						
7:00-8.00PM						
8:00-9.00PM						
9:00-10.00PM						
<b>TOTAL</b>						
	CORE POSITION (MINUTES) - BALANCE BALL (HOURS) - SITTING TO MOVING	MINUTES	TOTAL STEPS PER DAY (TSD) - ENERGETIC STEP VALUE	FLIGHTS PER DAY - NEAT POINTS PER FLIGHT	MUSIC (MINUTES) - SLOW DANCE (MINUTES) - FAST DANCE (MINUTES)	TASKS - CHORES (MINUTES)
<b>NEAT POINTS</b>						
<b>GUIDE TO CALCULATING YOUR NEAT POINTS</b>	CORE POSITION FOCUS 1 POINT PER MINUTE - BALANCE BALL 10 POINTS PER HOUR - SITTING TO MOVING 1 POINT	STANDING 1 POINT PER MINUTE	TSD ÷ ESV = TOTAL NEAT POINTS	FLIGHTS (UP AND DOWN) X POINTS PER FLIGHT = TOTAL NEAT POINTS	UPBEAT MUSIC 1 POINT PER MINUTE - SLOW DANCE 3 POINTS PER MINUTE - FAST DANCE 5 POINTS PER MINUTE	MANUAL TASK 1 POINT - MANUAL CHORE 3 POINTS PER MINUTE