

Daily NEAT Activity Log

	Stance	Standing	Strolling	Stairs	Samba	Switch
7:00 – 8:00 am						
8:00 – 9:00 am						
9:00 – 10:00 am						
10:00 – 11:00 am						
11:00 – 12:00 am						
12:00 – 1:00 pm						
1:00 – 2:00 pm						
2:00 – 3:00 pm						
3:00 – 4:00 pm						
4:00 – 5:00 pm						
5:00 – 6:00 pm						
6:00 – 7:00 pm						
7:00 – 8:00 pm						
8:00 – 9:00 pm						
9:00 – 10:00 pm						
<b>Total</b>						
	Core position (minutes) _____	Minutes _____	Total steps per day (TSD) _____	Flights per day _____	Music (minutes) _____	Tasks _____
	Balance ball (hours) _____		Energetic Step Value _____	NEAT points per flight _____	Slow dance (minutes) _____	Chores (minutes) _____
	Sitting to moving _____				Fast dance (minutes) _____	
<b>NEAT Points</b>						
<b>NEAT Point Guide</b>	Core position focus 1 point per minute  Balance ball 10 points per hour  Sitting to moving 1 point	Standing 1 point per minute	$TSD \div ESV =$ 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