

## NEAT Goal Setter

Your goals for this initial stage of your lifetime movement plan are as follows:

- 120 NEAT points per day for the first thirty days.
- 200 NEAT points per day for the second thirty days.

Depending on your current lifestyle and activity level, I suggest you focus on adding one additional activity per day for the first week, then one additional activity in each category starting the second week, until you've reached 200 NEAT points per day.

	ADD 1 NEW NEAT "S" ACTIVITY PER DAY
DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

Starting in the second week, add one additional NEAT "S" activity per week in each category.

	S	+S	+S	+S	+S	+S
<b>WEEK 2</b> Add 1 activity per category						
<b>WEEK 3</b> Add 1 activity per category						
<b>WEEK 4</b> Add 1 activity per category						