



# NEAT (Non-Exercise Activities Thermogenesis) System

The NEAT system includes a robust and comprehensive tracking and scoring system to help you measure your progress. The full breakdown of how to track your NEAT points and the calories you have burned is available in Your LifeBook. Print out extra tracking sheets as you fill yours in.

## Stance (Posture)

Sitting is one of the best times to work on your posture and core axis alignment. Start by using a proper chair that helps you sit up straight. Now flex your stomach muscles and take deep, slow breaths.

What NEAT posture ideas can you add to your day?

At work: . . . . .

At home: . . . . .

MicroHabit: Add two additional minutes of focus on the core position per day.

Target Goal: 30 minutes of focus on the core position per day. An additional target is to use a balance ball chair all day at work.



TOTAL MINUTES PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT MINUTES PER DAY	STANCE WEEK 1	STANCE WEEK 2	STANCE WEEK 3	STANCE WEEK 4



**Standing**

In merely moving from sitting to standing, you can substantially increase your energy consumption. When you stand, you begin to use weight-bearing NEAT. And one of the great advantages of weight-bearing NEAT is that the heavier you are, the more calories you expend. That's good news, because it means that if you're overweight, you can start off slowly and still receive the benefits of increased movement.

What NEAT posture ideas can you add to your day?

At work: . . . . .  
. . . . .  
. . . . .

At home: . . . . .  
. . . . .  
. . . . .

MicroHabit: Add 10 additional minutes of standing per day.

Target Goal: Two hours of standing per day.



TOTAL MINUTES PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT MINUTES PER DAY	STANDING WEEK 1	STANDING WEEK 2	STANDING WEEK 3	STANDING WEEK 4



**Strolling (Walking)**

When I talk about walking in terms of NEAT, I'm referring to anything outside of a formal walking program. That includes going to the water cooler, delivering a memo to your boss, or shopping at the mall. Remember, the point of NEAT is that it takes place within your normal routines.

What NEAT walking ideas can you add to your day?

At work:

.....  
.....  
.....

At home:

.....  
.....  
.....

MicroHabit: Add 100 additional steps per week.

Target Goal: At least 10,000 steps per day (a mile is about 2,000 steps).



TOTAL STEPS PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT STEPS PER DAY	STROLLING WEEK 1	STROLLING WEEK 2	STROLLING WEEK 3	STROLLING WEEK 4



### Stairs

Stairs are a great way to accelerate NEAT. In fact, climbing just one flight of stairs is the equivalent of walking 100 steps. That means that climbing 10 flights of stairs gives you the same benefit as walking for half a mile.

What NEAT stairs ideas can you add to your day?

At work: . . . . .  
. . . . .  
. . . . .

At home: . . . . .  
. . . . .  
. . . . .

MicroHabit: Add one additional flight of stairs per week.

Target Goal: 10 flights of stairs per day.



TOTAL STAIRS PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT STAIRS PER DAY	STAIRS WEEK 1	STAIRS WEEK 2	STAIRS WEEK 3	STAIRS WEEK 4





**Samba**

Here, we're looking at the movement generated by your body's natural rhythm. What do I mean by that? Put on a song you like and watch what happens. You might start tapping your pencil or your foot or even singing as loud as you can.

What NEAT dance ideas can you add to your day?

At work: . . . . .  
. . . . .  
. . . . .

At home: . . . . .  
. . . . .  
. . . . .

MicroHabit: Add 10 additional minutes of music per day; work up to an hour or more of dance per week.

Target Goal: 90 minutes of music per day; one hour of dance per week.



TOTAL MUSIC/ DANCE PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT MUSIC/ DANCE PER DAY	SAMBA WEEK 1	SAMBA WEEK 2	SAMBA WEEK 3	SAMBA WEEK 4



**Switch**

To switch means doing things by hand instead of by machine. That includes dishwashers, electric knives, snow blowers, remote controls, computers, and all the other automatic devices that steal from your energy-use account at an ever-growing pace. Your goal is to burn an extra 30 calories per day doing tasks by hand instead of using machines.

What NEAT saying no to machine ideas can you add to your day?

At work: . . . . .

At home: . . . . .

MicroHabit: Add one or two substituted manual tasks per day.

Target Goal: 10 substituted manual tasks per day.



TOTAL TASKS PER WEEK				
SUN				
SAT				
FRI				
THU				
WED				
TUE				
MON				
NEAT TASKS PER DAY	SWITCH WEEK 1	SWITCH WEEK 2	SWITCH WEEK 3	SWITCH WEEK 4