



# WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING  
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

## ~ Boost your NEAT ~ Worksheet 1 - October 2019

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?

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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? \_\_\_\_\_

Look at your phone and find the section that tracks your movement: how many steps did you take each day for thee 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 or TV do you watch in the average week to wind down? \_\_\_\_\_

Do you stand up to do your job, or do you sit 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 months tools on NEAT!*

*Louise*