

ZuppFit: 7 Days of NEAT Habits

Just Move. Just Start. Just Be Faithful.

Day 1 – Walk It Out

NEAT Habit:

Take a 10–15 minute brisk walk after every meal (or at least after lunch + dinner).

Motivation:

Movement is momentum. A short walk is a big win.

Faith Tip:

Pray or reflect during your walk. Make it worship on the move.

Day 2 – Stand More, Sit Less

NEAT Habit:

Stand up every 30–45 minutes. Stretch, pace, or march in place for 2–3 minutes.

Motivation:

Your body was made to move — not stay parked.

Faith Tip:

Use standing breaks to say a quick prayer or reset your focus on purpose.

Day 3 – Clean for 15

NEAT Habit:

Set a timer for 15 minutes and clean something — vacuum, sweep, dishes, laundry.

Motivation:

Cleaning burns calories, clears clutter, and builds discipline.

Faith Tip:

Offer your effort to God: “Whatever you do, work at it with all your heart...” (Col. 3:23)

Day 4 – Parking Lot Challenge

NEAT Habit:

Park at the far end of every lot today. Take the stairs instead of elevators.

Motivation:

The little things add up. NEAT = Nonstop Energy All the Time.

Faith Tip:

Each step is a chance to give thanks. Walk in gratitude.

Day 5 – NEAT + Screens

NEAT Habit:

During every TV show, YouTube video, or phone scroll — stand, stretch, or walk in place.

Motivation:

Don’t just sit and watch — move and win.

Faith Tip:

Mute and meditate for 60 seconds during a commercial or pause.

Day 6 – Movement Meal Prep

NEAT Habit:

Meal prep or chop/cook instead of ordering out — stay on your feet and active in the kitchen.

Motivation:

NEAT isn't fancy. It's faithful.

Faith Tip:

Use this time to thank God for His provision and health.

Day 7 – Sunday Reset Walk

NEAT Habit:

Take a 30-minute walk today — reflect on the past week, reset for the next.

Motivation:

Don't skip your Sabbath stride. Movement heals.

Faith Tip:

Worship walk. Pray aloud. Listen to a sermon. Let God walk with you.