NEAT (Non-Exercise Activity Thermogenesis) Worksheet

NEAT stands for Non-Exercise Activity Thermogenesis. It refers to all the energy you burn from daily activities that are not structured workouts—like walking, standing, cleaning, and fidgeting. This worksheet will help you track, optimize, and plan your NEAT habits for improved metabolism and health.

# 📅 Daily NEAT Tracking (7-Day Snapshot)

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Steps Taken | NEAT Activities (e.g., walking, chores, standing) | Notes / Observations |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

# 🎯 NEAT Goals & Examples

- Aim for 7,000–10,000 steps/day (even 5,000 is a great start!)  
- Take 5–10 minute walks after each meal  
- Use the stairs instead of the elevator  
- Stand up every 30–60 minutes and stretch  
- Pace during phone calls  
- Park farther from entrances  
- Clean or organize your space while listening to music

# 🗓️ Weekly NEAT Plan (Your Custom Habits)

Write down 2–4 NEAT actions you’ll commit to daily this week: