

# Day 7: Activity

## 12 Day *Natural* Detox

# Activity

Interested in increasing your activity? Use these activities to help you set goals for your coming week.

Use this worksheet to identify movement areas where you can make small changes on a daily basis. Try to focus on Non-Exercise Activities (NEAT). *In other words, focus on those activities that do not include sleeping, eating, or exercise.* What about committing to standing while speaking on the phone for the next week? Come up with a few options to increase your NEAT during your day.

	Standing	Walking/Moving	Other
Change 1			
Change 2			
Change 3			

Based on the information above and your unique starting point, what are you going to commit to right now?

How are you going to up your NEAT on a daily basis?

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What planned activity(ies) will you be adding in?

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Remember to change no more than 10% week over each week - so if you haven't been planning activity at all, maybe start with 1-2 walks a week. This will add up, over time, to significant change and won't be a huge shock to your system.

Now that we have covered your NEAT goals, we should take a look at your exercise goals. Again, come up with a few options you can use to get in more planned exercise.

**Light Exercise Ideas:** Weed your garden, spring cleaning, casual walk around the block.

**Moderate Exercise Ideas:** Raking leaves, riding a bicycle, roller blading, slow jogging, or light rowing.

**Intense Exercise Ideas:** Singles tennis, jump roping, running, race walking and aerobic dancing are a few examples of strenuous or vigorous exercise.

	Light Exercise	Moderate Exercise	Intense Exercise
Change 1			
Change 2			
Change 3			

How are you going to up your exercise on a daily basis?

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What exercise do you plan to add in?

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Again, remember to change no more than 10% week over week - so if you haven't been planning activity at all, start with one or two choices from the Light Exercise Ideas.

# Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

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What challenges did you overcome today?

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How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

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What do you need to focus on for tomorrow to be a success for you within this program?

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