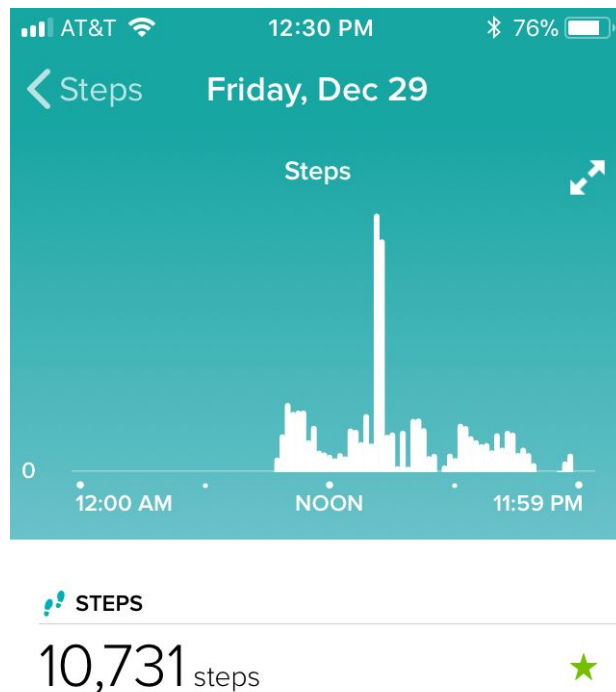


Activity Log 3



Today, a majority of my activity occurred around 9 am. At this time, I went to the gym and exercised for an about hour on the elliptical. After that, I ate breakfast and watched some tv in my living room. At around 12:30 to 2, I took siblings to go play mini golf. After that, we went and ate lunch at Chick-fil-a and then went home. At around 4, I took my sister to Goodwill where we stayed for about an hour and a half. After that, we went to Walmart to get some groceries for dinner.

A large portion of my steps for the day did come from my NEAT as well as traditional exercise as I did actual exercising with the intention of burning calories, and increased my NEAT by going mini golfing, which was intended to be for fun, not for exercising purposes. My muscles were not very sore from all this activity and overall, I felt very productive today.



On this day, a majority of my activity took place around 2 pm. I woke up at around 9:30 and took my dog on an early morning walk, lasting at around an 30 minutes because it was cold. At around 12, I helped my mom clean up the house. At 2, I went to the gym and worked out on various equipment for about an hour. At around 4, I played some video games with my younger brother for about an hour and a half. After that, I helped my mom prepare dinner and then ate dinner with my family. At around 7, watched a movie with my family and cleaned up my room. After that, I took a bath and started to get ready for bed.

Overall my NEAT was pretty low. A majority of my activity for that day did not come from NEAT as most of my steps came from intense physical activity by going to the gym and working out on various equipment. To increase my overall NEAT, I should be sure to get at least 250 steps in per hour of the day. To do this, I could walk around my room or take a walk around my neighborhood in between working on assignments.



 STEPS

10,251 steps

On this day, a majority of my activity took place around 11. I woke up at around 10 and got ready to go to the gym with my mom. While there I exercised on the elliptical for around an hour. After that, I came home and helped make lunch at around 12. After lunch, I played some video games with my younger brother downstairs in my basement. At 4:00, I took my dog for a walk through our neighborhood. After that, I helped my mom make dinner. After that, I watched a movie with my siblings in our living room. After the movie, I started getting ready for bed by taking a bath and cleaning up my room.

A majority of my activity for that day did not come from NEAT as most of my steps came from intense physical activity. To increase my overall NEAT, I should be sure to get at least 250 steps in per hour of the day. Also, while playing video games, I should consider pacing back and forth to increase my steps or taking breaks in between levels to get some steps in.



 STEPS

10,829 steps



On this day, I woke up around 8 and went to the gym from 10 to 11:30. At 12, I made lunch and then went shopping with my mom. After browsing a ton of stores, I finally came home at around 4:30. At 5, helped my mom make dinner and helped to clean up the house. Cleaning and making dinner involved quite a lot of movement around my kitchen so that influenced my NEAT gain of steps. My friends came over at around 6 to celebrate the New Years with me. Around 7:30, I watched a movie with some movies with my friends. After that, played some games with my friends and hung out all night, before celebrating the New Year.

My overall NEAT for this day was fairly good. Although I did go to the gym in the morning, I completed a vast majority of my steps by just doing activities that I complete every day. I could increase my steps by taking breaks during movies to walk around and stretch my legs.

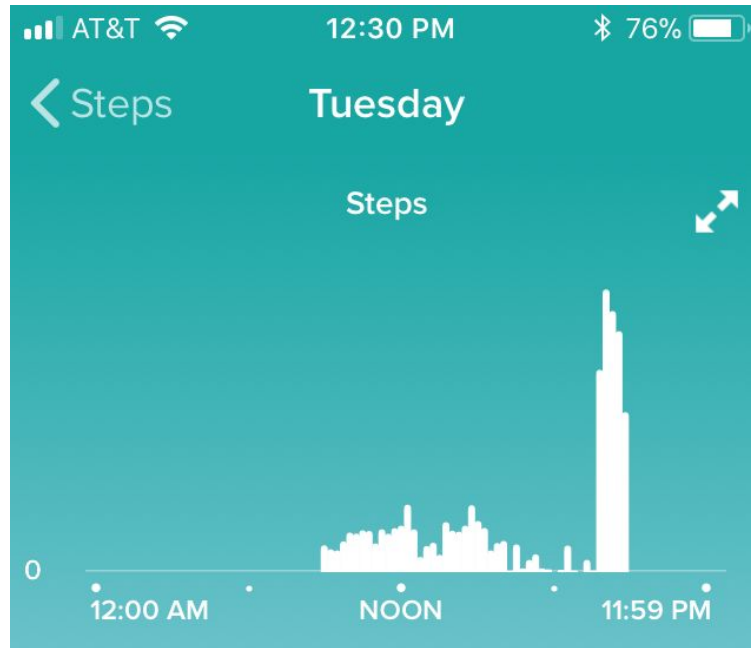


 STEPS

10,215 steps

On this day, I woke up around 9 and went to the gym from 9:30 to 11:00. At 11:30, I made lunch and then went shopping with my mom. After shopping with my mom, I finally came home at around 3:30. At 5, I helped to clean up the house before my dad got home. After cleaning and making dinner involved quite a lot of movement around my kitchen so that influenced my NEAT gain of steps. Around 7:30, I watched a movie with my younger brother and sister. After that, I took a shower, and started getting ready for bed.

My overall NEAT for this day was fairly. Although I did go to the gym in the morning, I completed a vast majority of my steps by just doing activities that I complete every day. I could increase my steps by taking breaks during movies to walk around and stretch my legs.



 STEPS

10,136 steps

On this day, a majority of my activity took place around 8 pm. I woke up at around 9:30. At around 12, I went out to lunch with some of my friends. We ended up taking and hanging out until around 4. After that, I worked in my lab for this class and shopped online for my textbooks. After that, I helped my mom make dinner. At around 8, I went to the gym with my mom. While there I exercised on the elliptical for around an hour. After that, I came home and took a shower and got ready for bed.

A majority of my activity for that day did not come from NEAT as most of my steps came from intense physical activity. To increase my overall NEAT, I should be sure to get at least 250 steps in per hour of the day.

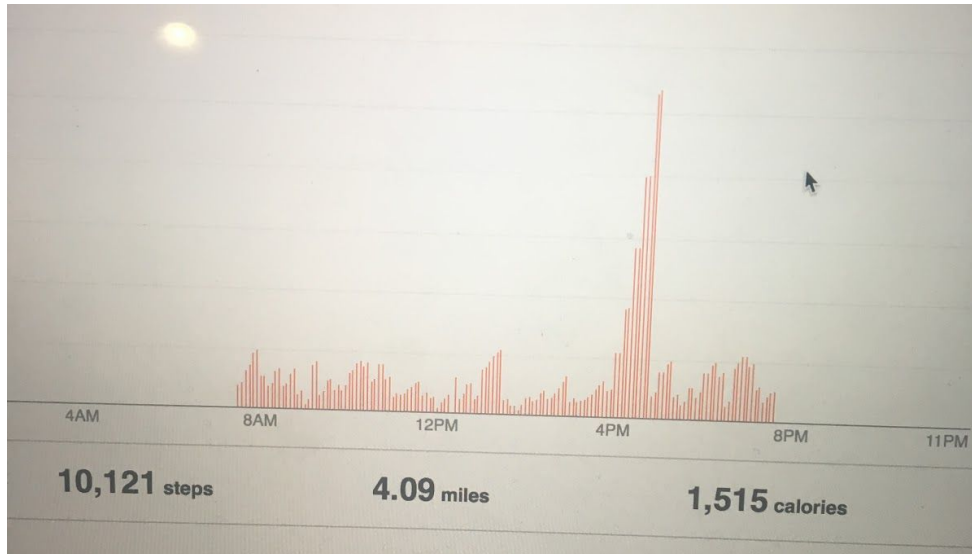


 STEPS

10,255 steps

On this day, I woke up around 8 and went to the gym from 8:15 to 9:00. After that, I went shopping for new clothes with my mom. After shopping with my mom, I finally came home at around 4:30. At 5, I took my brother to guitar practice. After that, I ate dinner with my family. At 7, I helped to clean the house and clean up after dinner. Around 7:30, I watched a movie with my younger brother. After that, I took a shower, and started getting ready for bed.

My overall NEAT for this day was fairly good. Although I did go to the gym in the morning, I completed a vast majority of my steps by just doing activities that I complete every day. By walking around stores and trying on clothes, a lot of my steps for the day came from my NEAT. To increase my NEAT, I could have taken my dog on a walk that day.



On this day, a majority of my activity took place around 4:30 pm. I woke up at around 7:30 and went to breakfast with my siblings at a nearby restaurant. At around 12, I ate lunch and watched Harry Potter and the Half-Blood Prince with my sister. After that, I cleaned up my room and played some video games in my basement. After that, I worked on this assignment and then I went to the gym with my mom. While there I exercised on the elliptical for around an hour. After that, I came helped make dinner and ate dinner with my family.

A majority of my activity for that day did not come from NEAT as most of my steps came from intense physical activity. To increase my overall NEAT, I should be sure to get at least 250 steps in per hour of the day and maybe take my dog on more walks throughout my neighborhood.