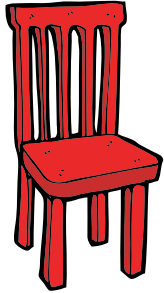
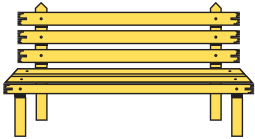


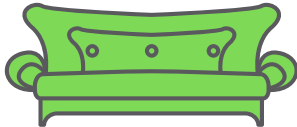
STAND UP AND MOVE TRACKING TOOL



RED: MORE THAN 6 HOURS PER DAY
TRY TO INCREASE YOUR PHYSICAL ACTIVITY EACH DAY!



YELLOW: 4-6 HOURS PER DAY
TRY TO REDUCE THE TIME YOU SIT EACH DAY!



GREEN: LESS THAN 3 HOURS PER DAY
THIS IS THE AMOUNT YOU SHOULD
STRIVE FOR!

Log your hours spent sitting each
day on the back.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ACTIVITY
INSTEAD OF
SITTING



WEEK 1
DATE

TOTALS



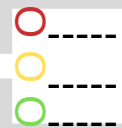
WEEK 2
DATE

TOTALS



WEEK 3
DATE

TOTALS



WEEK 4
DATE

TOTALS

