

Build a healthier sit/stand habit and track every week

## WEEKLY GOALS

Week of		Stand Goal (hrs/day)	
Sit Limit (hrs/day)		Break Goal (#/day)	

## DAILY LOG

Day	Date	Stand hrs	Sit hrs	Breaks	Back Pain	Fatigue	Feel (1-5)	Notes
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
WEEK TOTALS / AVG								

## WEEKLY REFLECTION

WHAT WORKED WELL THIS WEEK?

ADJUSTMENTS FOR NEXT WEEK