



July Monthly Challenge



LEVEL 1

Move More Sit Less

Name: _____

The average American worker spends 9-15 waking hours of the day sitting. The Move More Sit Less Challenge is designed to provide participants with the information and skills to modify their work environment, increase physical activity, and improve overall health by incorporating more movement throughout the day.

Use this tracking sheet to work through the process of developing a new habit this month. Record your answers below. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by August 2, 2019.

<p>Day 1 Use this space to write down the results from sitting calculator: https://www.juststand.org/the-tools/sitting-time-calculator/</p>							
<p>Week One Develop a plan that would allow you to stand more. Be sure to include the day(s) and time when you intend to become more mobile. What can you use as a reminder to ensure you complete this task?</p>							
	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<p>Week Two Implement your plan above. Write down your increased standing time for each day</p>							
<p>Week Three How well did your plan work? When went well, what would you like to change for next time?</p>							
<p>Week Four Try again! Using information from Week Three, implement your new plan.</p>							