



# July Monthly Challenge



LEVEL 2

## 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 the chart below to record how much time you spent standing (this could be at work or at home). Remember to return your tracking sheet to [wellness@weber.edu](mailto:wellness@weber.edu) or MC 3501 by August 2, 2019.

|  | Mon | Tues | Weds | Thurs | Fri | Sat | Sun | Weekly Total |
|--|-----|------|------|-------|-----|-----|-----|--------------|
| <b>Day 1: Set your goal.</b> Use this space to determine how you will increase your standing time this week. |     |      |      |       |     |     |     |              |
| <b>Week One</b><br>Aim to + standing to a total of <b>2-3 hours</b> each day.                                |     |      |      |       |     |     |     |              |
| <b>Week Two</b><br>Aim to + standing to a total of <b>3-4 hours</b> each day.                                |     |      |      |       |     |     |     |              |
| <b>Week Three</b><br>Aim to + standing to a total of <b>4-5 hours</b> each day.                              |     |      |      |       |     |     |     |              |
| <b>Week Four</b><br>Aim to + standing a total of <b>5-6 hours</b> each day.                                  |     |      |      |       |     |     |     |              |