



Breaking Up Sedentary Time Worksheet

Fill this in to help break up sitting time and improve health!

I tend to sit or be sedentary...



On weekdays at work

During evenings at home

These are my movement cues.



I can set alarms on my phone for every hour on weekdays.

I'll move for an extra minute when I go to the bathroom or get a
drink of water.



I can add light activity in these ways.



I can do squats, lunges, and calf raises in my office.

I can walk around the parking lot after I park the car.
