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Supplementary 5: Workstation tracker

STAND UP • SIT LESS • MOVE MORE

This week I will: My Workstation Tracker Date: _____

STAND UP at least every 30 min.	<input type="checkbox"/>	_____
I will do this by:	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

SIT LESS by standing at my workstation for _____ minutes/ day.					
Monday	Tuesday	Wednesday	Thursday	Friday	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

MOVE MORE at work.	<input type="checkbox"/>	_____
I will do this by:	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____