



7-Day Sitting Diary

What's in Your Week?

Do you really know how much time you spend sitting? There is no better way to find out than for you to keep track of it.

For one week, please keep track of your sitting time by filling in this **7-Day Sitting Diary** (see next page).

Write the abbreviation for the day of the week below each numbered day.

Shade in each 30-minute block in which more than 15 minutes was spent sitting (exclude sleep time).

You may want to use different colors to track job sitting (black) versus non-job sitting (red).

Start date _____

End date _____

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12:00AM							
12:30AM							
1:00AM							
1:30AM							
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