

# Sitting Log

Date: \_\_\_\_\_

Choose a typical week day and use this page to record your sitting habits.

**When I sat  
(time)**

**What I was  
doing**

**How long  
I sat**

**Length & number  
of breaks**

**How I felt  
(physical & mental)**

*Example: 9am*

*Watching TV*

*2 hours*

*1 x 5 minute break*

*- Tired  
- Stiff*