

Your Sitting Time



	Total Hours in the Day		Hours Spent
	Weekday	Weekend	Prolonged Sitting (uninterrupted, not getting up)
Driving or sitting in a car, plane or train.			
Sitting at a desk.			
Watching television or movies.			
Surfing the internet or engaged in social media, such as Facebook			
Playing video games.			
Reading.			
Texting, talking, or engaging in social media on your phone.			
Simply relaxing or lounging.			
Total Hours			