



Find Your Time-Out

You may think you don't have any time to play, but there's a way to find your lost minutes in a day. This task is meant to show you where your time is going or how you may be giving priorities to everything else except your health.

Let's work through your average day and find where there are opportunities for more movement. Feel free to record more than one day if your days are not typically the same.

Once you've determined some patterns, you will clearly see where play activities could fit into your schedule. Then you can make a plan accordingly.

Time	Activity	Position (Sit, stand, lie down, etc.)
5:00 a.m.	_____	_____
5:30	_____	_____
6:00	_____	_____
6:30	_____	_____
7:00	_____	_____
7:30	_____	_____
8:00	_____	_____
8:30	_____	_____
9:00	_____	_____
9:30	_____	_____
10:00	_____	_____
10:30	_____	_____
11:00	_____	_____
11:30	_____	_____
12:00 p.m.	_____	_____
12:30	_____	_____
1:00	_____	_____

Time	Activity	Position (Sit, stand, lie down, etc.)
1:30	_____	_____
2:00	_____	_____
2:30	_____	_____
3:00	_____	_____
3:30	_____	_____
4:00	_____	_____
4:30	_____	_____
5:00	_____	_____
5:30	_____	_____
6:00	_____	_____
6:30	_____	_____
7:00	_____	_____
7:30	_____	_____
8:00	_____	_____
8:30	_____	_____
9:00	_____	_____
9:30	_____	_____
10:00	_____	_____

Time	Activity	Position (Sit, stand, lie down, etc.)
10:30	_____	_____
11:00	_____	_____
11:30	_____	_____
12:00 a.m.	_____	_____
12:30	_____	_____
1:00	_____	_____
1:30	_____	_____
2:00	_____	_____
2:30	_____	_____
3:00	_____	_____
3:30	_____	_____
4:00	_____	_____
4:30	_____	_____
5:00 a.m.	_____	_____