# Desk break routine for office and home

*3 minutes for every 30 to 60 minutes of sitting*

- [ ] 10 squats next to your chair
- [ ] 10 desk or wall push-ups
- [ ] 30 sec marching in place with high knees
- [ ] Chest stretch in a doorway: 20 sec
- [ ] 5 shoulder rolls forward and back

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| **Mon** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Tue** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Wed** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Thu** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Fri** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Sat** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| **Sun** | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Check off each break. Aim for 6 to 8 a day.