My chair stands

I'm doing this for: _____

When: _____
The card's cue: your lunch break ends. A wait at your desk works too.

My version: _____
Hands lightly helping, or no hands

My amount: _____
How many in one go. One counts. The card suggests five.

Sit near the front of a stable chair, feet flat and hip-width apart. Lean forward, stand, then sit with control.

ONE BOX PER GO

╳ I did my amount. / I did fewer. Write how many in the box.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Missed a go? Leave it. Every box stays.

Want a total? ╳ boxes × my amount, plus the numbers in the / boxes = _____ stands

Use a non-wheeled chair that will not slide. Stop for pain or feeling unwell.

Ready for more? Add a habit, a multiplier or a Challenge.
Sheet full? Print another.
habitsets.com/go/gf

HABITSETS