

# WORK EXERCISE PLANNER

<b>8:00</b>	Show up at work and do exercise 5 - Open up your chest.
<b>9:00</b>	The table is raised, here we do exercise 4 - hip rotation.
<b>10:00</b>	Time to get coffee, here's where you straighten your back and do exercise 1 - backbend.
<b>11:00</b>	Toilet time, here we do exercise 3 - side bending.
<b>12:00</b>	The table is raised before lunch, so it's elevated when you come back.
<b>13:00</b>	Upon returning, the table is set for exercise 2 - back rotation, while reviewing the tasks again.
<b>14:00</b>	The phone rings, which is answered while taking a walk.
<b>15:00</b>	The table is raised to prevent afternoon fatigue. Exercise 2 is done again - as the back starts to feel a bit stiff.
<b>16:00</b>	The day has gone, and one checks how the energy and mood are while doing exercise 5 - opening up the chest.

#### MOOD TRACKER



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING