

# WORK EXERCISE PLANNER

8:00	Show up at work and do exercise 5 - arm stretch over the head before the day begins.
9:00	
10:00	Instead of sending an email, walk over to a colleague while doing exercise 1+2 - upper side and underside stretches on the forearm.
11:00	Go to the restroom and do exercise 5 - arm stretch over the head.
12:00	The table is raised before lunch, so it is elevated when you come back. While walking to lunch, do exercise 4 - circular movements for the wrist.
13:00	
14:00	Active break
15:00	The table is raised to prevent afternoon fatigue. Exercise 3 - grip exercises are done while organizing tomorrow's tasks.
16:00	The day is over, and one assesses how the energy and mood are while doing exercise 5 - arm stretches.

MOOD TRACKER



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING