Metabolic Profile Form

Metabolic Profile for:_____

Days of Week:_____

Time of Day	Activity	Minutes Sitting	Minutes Standing or Moving
Wake-Up:			
Total Time (Min) Awake=	**Total Time (Minutes) Sitting=** **Total Time (Min) Standing/Moving=**		

Calculate % Day Sitting: Total Time (Minutes) Sitting divided by Total Time (Min) awake
Example Calculation: 500 Min (sitting) divided by 900 Min (awake) = 500/900 = .55 or 55%
(10 Movement Interventions on BACK of page)