HYP Health and Wellbeing Reflection

Stand Up, Sit Less, Screens Down

Mission Goal

The mission is about making it easier for people to limit recreational screen time, limit sitting time and break up long periods of sitting at school.

Read the choices below and then choose one answer from *Always*, *Sometimes* or *Never*.

| What healthy choices am I making? | Always | Sometimes | Never |
| --- | --- | --- | --- |
| I stand instead of sitting whenever I can. For example, when waiting at the bus stop. | [ ]  | [ ]  | [ ]  |
| I break up long periods of sitting as often as I can. For example, I stand up and stretch during a class at school. | [ ]  | [ ]  | [ ]  |
| I participate in class activities involving standing or movement. | [ ]  | [ ]  | [ ]  |
| I can use standing desks at school to limit sitting time. | [ ]  | [ ]  | [ ]  |
| I spend less than 2 hours on screens in my free time (eg not school or homework) | [ ]  | [ ]  | [ ]  |
| When using screens, I take regular breaks. For example, get up during TV commercials. | [ ]  | [ ]  | [ ]  |
| I don’t use screens during meal time. | [ ]  | [ ]  | [ ]  |
| I stop using screens at least 30 minutes before bed time. | [ ]  | [ ]  | [ ]  |
| I get active during screen time. For example, doing stretches or weights while watching TV. | [ ]  | [ ]  | [ ]  |
| My phone, tablet, computer stay off or out of the bedroom. | [ ]  | [ ]  | [ ]  |
| I limit the amount of time I spend on social media. | [ ]  | [ ]  | [ ]  |
| I am active in my free time. | [ ]  | [ ]  | [ ]  |
| I walk or ride at least part of my way to school. | [ ]  | [ ]  | [ ]  |
| I don’t spend break times sitting down. | [ ]  | [ ]  | [ ]  |
| When possible, I take the stairs instead of elevators. | [ ]  | [ ]  | [ ]  |
| I help at home with the chores. | [ ]  | [ ]  | [ ]  |

**My personal goal is:**

**What do I want to continue doing?**

**What do I find difficult? What would I like to change?**

**What would I like to learn more about?**