Parkinson Association of Alberta

SIT'N STAND TRACKER

NAME_____ **CITY**_____

#	# OF SIT 'N STANDS	#	# OF SIT 'N STANDS	#	# OF SIT 'N STANDS
1		16		31	
2		17		32	
3		18		33	
4		19		34	
5		20		35	
6		21		36	
7		22		37	
8		23		38	
9		24		39	
10		25		40	
11		26		41	
12		27		42	
13		28		43	
14		29		44	
15		30		45	

TOTAL # OF SIT 'N STANDS

Send your final total Sit 'n Stands to communications@parkinsonassociation.ca