February Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

How has participating in this month’s challenge affected your level of physical activity each day and do you think you will continue with it?

__________________________________________________________________________

On a weekly basis, how often do you take the stairs or long way round to/from your workplace?

- 0
- 1-3
- 4-6
- 7-10
- More than 10
- n/a

Do you get up from your desk hourly for some form of purposeful movement to decrease your risk of heart disease?

- Yes
- No
- n/a

How many times per shift do you get up?

- 1-3
- 4-6
- 7-10
- More than 10