Chair massage sign-up

15-minute slots for a seated massage, over your clothes. Write your name next to a free time.

Date _____ **Where** _____ **Therapist** _____

TIME	YOUR NAME (first name and initial)	TEAM OR DESK	CAME
9:00 AM			☐
9:15 AM			☐
9:30 AM			☐
9:45 AM			☐
10:00 AM			☐
10:15 AM			☐
10:30 AM			☐
10:45 AM			☐
11:00 AM	*Break for your therapist, no bookings (until 11:30 AM)*		
11:30 AM			☐
11:45 AM			☐
12:00 PM			☐
12:15 PM			☐
12:30 PM			☐
12:45 PM			☐
1:00 PM			☐
1:15 PM			☐
1:30 PM	*Break for your therapist, no bookings (until 2:00 PM)*		
2:00 PM			☐
2:15 PM			☐
2:30 PM			☐
2:45 PM			☐
3:00 PM			☐
3:15 PM			☐
3:30 PM			☐
3:45 PM			☐

Waiting list

If a slot frees up, it goes to the first name here.

	NAME	TEAM OR DESK
1		
2		
3		
4		
5		

Can't make it? Please tell _____ so someone else can have your slot.

Please arrive on time. A late start means a shorter massage.

No health details here. Your therapist will ask you privately.

Free template from onsitedays.com

Chair massage sign-up

20-minute slots for a seated massage, over your clothes. Write your name next to a free time.

Date _____ **Where** _____ **Therapist** _____

TIME	YOUR NAME (first name and initial)	TEAM OR DESK	CAME
9:00 AM			☐
9:20 AM			☐
9:40 AM			☐
10:00 AM			☐
10:20 AM			☐
10:40 AM			☐
11:00 AM	*Break for your therapist, no bookings (until 11:30 AM)*		
11:30 AM			☐
11:50 AM			☐
12:10 PM			☐
12:30 PM			☐
12:50 PM			☐
1:10 PM			☐
1:30 PM	*Break for your therapist, no bookings (until 2:00 PM)*		
2:00 PM			☐
2:20 PM			☐
2:40 PM			☐
3:00 PM			☐
3:20 PM			☐
3:40 PM			☐

Waiting list

If a slot frees up, it goes to the first name here.

	NAME	TEAM OR DESK
1		
2		
3		
4		
5		

Can't make it? Please tell _____ so someone else can have your slot.

Please arrive on time. A late start means a shorter massage.

No health details here. Your therapist will ask you privately.

Free template from onsitedays.com

Chair massage sign-up

_____-minute slots for a seated massage, over your clothes. Write your name next to a free time.

Therapist: write in your own times before you put this up, and write Break across a row for each break.

Date _____ **Where** _____ **Therapist** _____

TIME	YOUR NAME (first name and initial)	TEAM OR DESK	CAME
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
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			☐
			☐
			☐
			☐
			☐

Waiting list

If a slot frees up, it goes to the first name here.

	NAME	TEAM OR DESK
1		
2		
3		
4		
5		

Can't make it? Please tell _____ so someone else can have your slot.

Please arrive on time. A late start means a shorter massage.

No health details here. Your therapist will ask you privately.

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