

Every Woman's Guide to Better Posture

30 day calendar



Day 1

Posture check
every hour



Day 2

Child's Pose
5 min,
day and night



Day 3

Child's Pose
2 min
+
30-sec Standing
Forward Fold
4 min

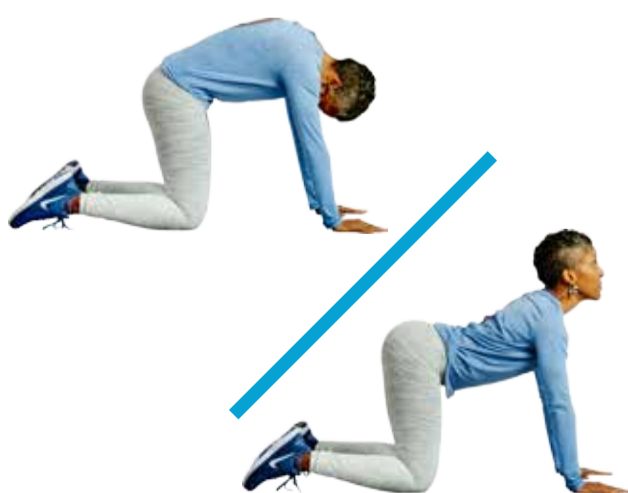


Day 4

Child's Pose
1 min
+
Standing
Forward Fold
2 min
+
Cat-Cow
5 min

Day 5

Child's Pose
1 min
+
Standing
Forward Fold
2 min
+
Cat-Cow
2 min
+
Chest stretch
2 min



Day 6

Child's Pose
1 min
+
Standing
Forward Fold
2 min
+
Cat-Cow
2 min
+
Chest stretch
2 min
+
Standing Cat-Cow
2 min

Day 7

Child's Pose
1 min
+
Standing
Forward Fold
2 min
+
Cat-Cow
2 min
+
Chest stretch
2 min
+
Standing Cat-Cow
2 min
+
Chest stretch
throughout the day

Day 8

Child's Pose
2 min
+
Standing
Forward Fold
2 min
+
Cat-Cow
2 min
+
Breath high planks
3-5 sets of 10



Day 9

Child's Pose
2 min



Standing Forward Fold
2 min



Cat-Cow
2 min



Downward-Facing Dog
5 sets

Day 10

Child's Pose
2 min



Standing Forward Fold
2 min



Cat-Cow
2 min



Pigeon Pose
5 min

Day 11

Child's Pose
2 min



Chest stretch
2 min



Cat-Cow
2 min



1 min Cat-Cow
every 20 min

Day 12

Child's Pose
2 min



Chest stretch
2 min



Cat-Cow
2 min



Pigeon Pose
1 min



Plank variations
3 sets

Day 13

Child's Pose
2 min



Standing Forward Fold or chest stretch
2 min



Cat-Cow
2 min



Chest & hip opening exercises
2 min every 2 hours

Day 14

Stand 25% of the day



Day 15

Child's Pose
2 min



Cat-Cow
1 min



Chest & hip opener
1 min



Thoracic spine rotation
5 min

Day 16

Child's Pose
2 min



Cat-Cow
1 min



Chest & hip opener
1 min



Thoracic spine rotation
1 min



Stretch

Day 17

Try a beginner yoga class



Day 18

10-sec glute squeezes
3 every hour



Day 19

Tune into your sitting posture
every 20 min

Day 20

Hold cell phone at eye level
all day



Day 21

Child's Pose
2 min
+
Standing Forward Fold
or chest stretch
2 min
+
Cat-Cow
2 min
+
Pigeon Pose
5 min

Day 22

Child's Pose
2 min
+
Cat-Cow
2 min
+
Pigeon Pose
2 min
+
Plank variations
4 sets

Day 23

10-sec glute squeezes
3 every hour



Day 24

10 sec isometric rows
every hour



Day 25

**Try another
yoga class**



Day 26

**Ab workouts
5 sets**

+

**Thoracic spine
rotation**

2 min

+

Chest & hip opener

2 min

Day 27

**Child's Pose
2 min**

+

**Standing
Forward Fold
or chest stretch**

2 min

+

Cat-Cow

2 min

+

**Isometric glute
squeezes**

Day 28

**Spend 35%
of the day
standing**



Day 29

**Track posture
throughout
the day**



Day 30

**Stand 50%
of the day**

