Every Woman's Guide to Better Posture

30 day calendar
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Posture check</strong> every hour</td>
<td><strong>Child’s Pose</strong> 5 min, day and night</td>
<td><strong>Child’s Pose</strong> 2 min + 30-sec Standing Forward Fold 4 min</td>
<td><strong>Child’s Pose</strong> 1 min + Standing Forward Fold 2 min + Cat-Cow 5 min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Child’s Pose</strong> 1 min + Standing Forward Fold 2 min + Cat-Cow 2 min + Chest stretch 2 min</td>
<td><strong>Child’s Pose</strong> 1 min + Standing Forward Fold 2 min + Cat-Cow 2 min + Chest stretch 2 min</td>
<td><strong>Child’s Pose</strong> 1 min + Standing Forward Fold 2 min + Cat-Cow 2 min + Chest stretch 2 min</td>
<td><strong>Child’s Pose</strong> 2 min + Standing Forward Fold 2 min + Cat-Cow 2 min + Chest stretch 2 min + Breath high planks 3-5 sets of 10</td>
</tr>
</tbody>
</table>

*Every Woman’s Guide to Better Posture: 30 day calendar*
<table>
<thead>
<tr>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child’s Pose 2 min</td>
<td>Child’s Pose 2 min</td>
<td>Child’s Pose 2 min</td>
<td>Child’s Pose 2 min</td>
</tr>
<tr>
<td>+ Standing Forward Fold 2 min</td>
<td>+ Standing Forward Fold 2 min</td>
<td>+ Chest stretch 2 min</td>
<td>+ Chest stretch 2 min</td>
</tr>
<tr>
<td>+ Cat-Cow 2 min</td>
<td>+ Cat-Cow 2 min</td>
<td>+ Cat-Cow 2 min</td>
<td>+ Cat-Cow 2 min</td>
</tr>
<tr>
<td>+ Downward-Facing Dog 5 sets</td>
<td>+ Pigeon Pose 5 min</td>
<td>1 min Cat-Cow every 20 min</td>
<td>1 min Pigeon Pose 1 min</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>+ Plank variations 3 sets</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 13</td>
<td>Day 14</td>
<td>Day 15</td>
<td>Day 16</td>
</tr>
<tr>
<td>Child’s Pose 2 min</td>
<td>Stand 25% of the day</td>
<td>Child’s Pose 2 min</td>
<td>Child’s Pose 2 min</td>
</tr>
<tr>
<td>+ Standing Forward Fold or chest stretch 2 min</td>
<td></td>
<td>+ Cat-Cow 1 min</td>
<td>+ Cat-Cow 1 min</td>
</tr>
<tr>
<td>+ Cat-Cow 2 min</td>
<td></td>
<td>+ Chest &amp; hip opener 1 min</td>
<td>+ Chest &amp; hip opener 1 min</td>
</tr>
<tr>
<td>+ Chest &amp; hip opening exercises 2 min every 2 hours</td>
<td></td>
<td>+ Thoracic spine rotation 5 min</td>
<td>+ Thoracic spine rotation 1 min</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>+ Stretch</td>
</tr>
</tbody>
</table>
**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

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Every Woman’s Guide to Better Posture: 30 day calendar
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