

# Every Woman's Guide to Better Posture

---

*30 day calendar*



healthline

## 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

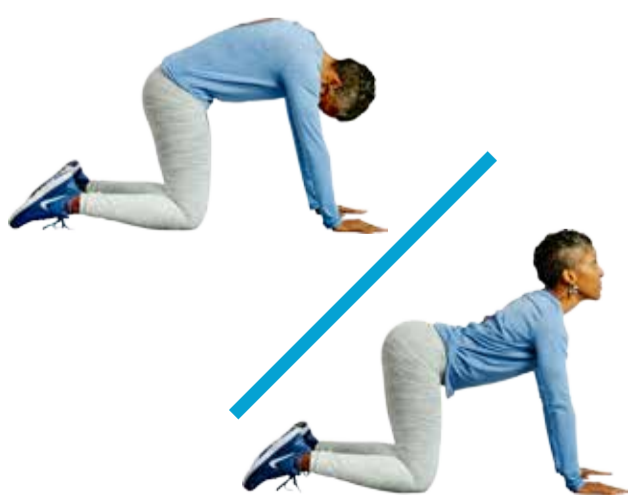


## Day 4

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**

