

Dr. Drew's Guide to Perfect 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

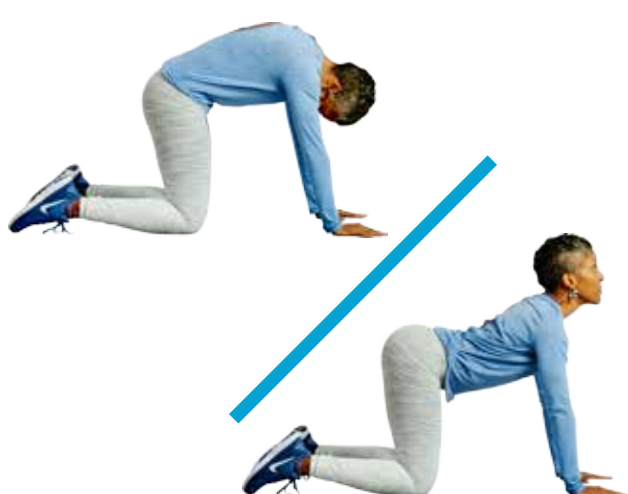
+

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



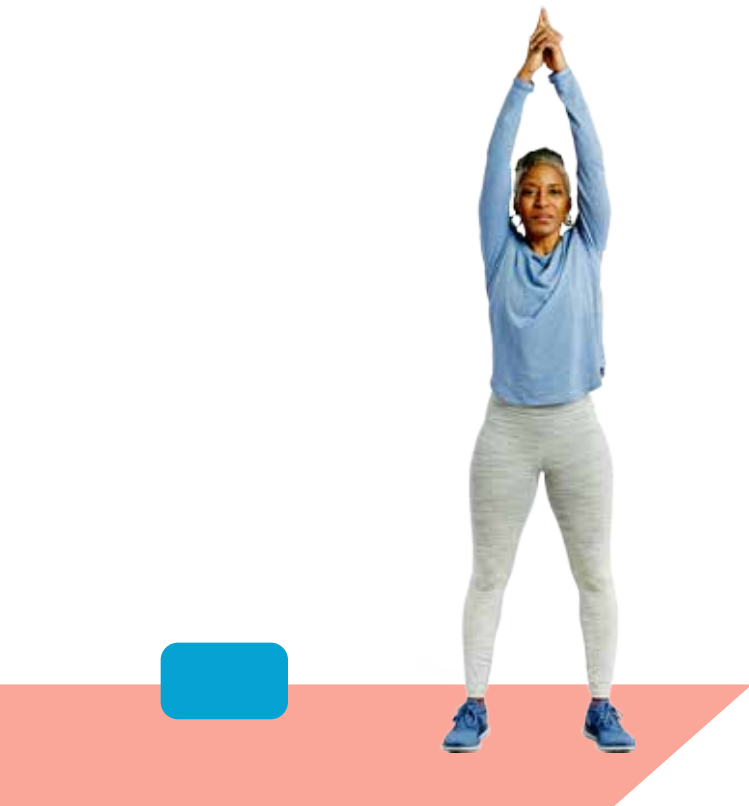
**Thoracic spine
rotation**
1 min



Stretch

Day 17

**Try a beginner
yoga class**



Day 18

**10-sec glute
squeezes**
3 every hour

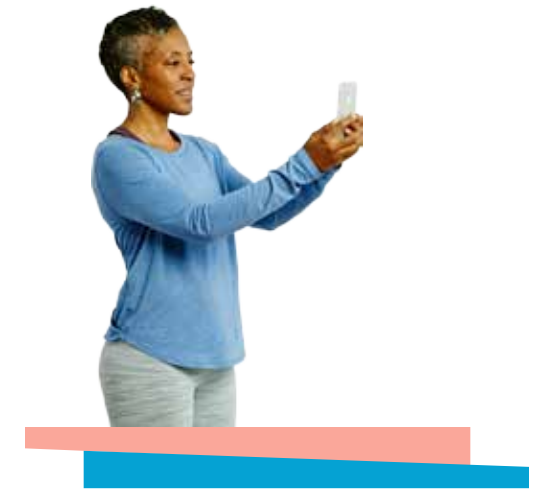


Day 19

**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**

