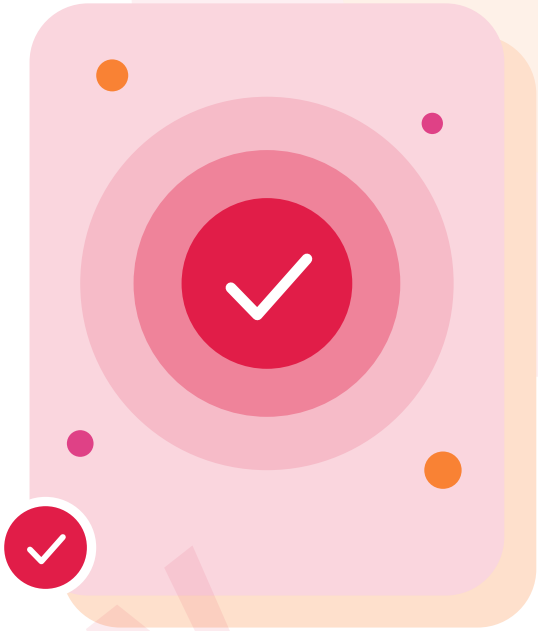
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Improving Posture Daily

Good posture improves physical health, boosts confidence, and reduces pain. Use this checklist to improve your posture daily.



12 steps · Print-ready A4

NAME	START	TARGET DATE

1 Assess Your Posture

Stand against a wall to check alignment: heels, hips, shoulders, and head should touch the wall.

TIP *Use a mirror or ask someone to observe your posture for additional feedback.*

2 Align Your Head

Keep your head level and avoid tilting it forward to reduce neck strain.

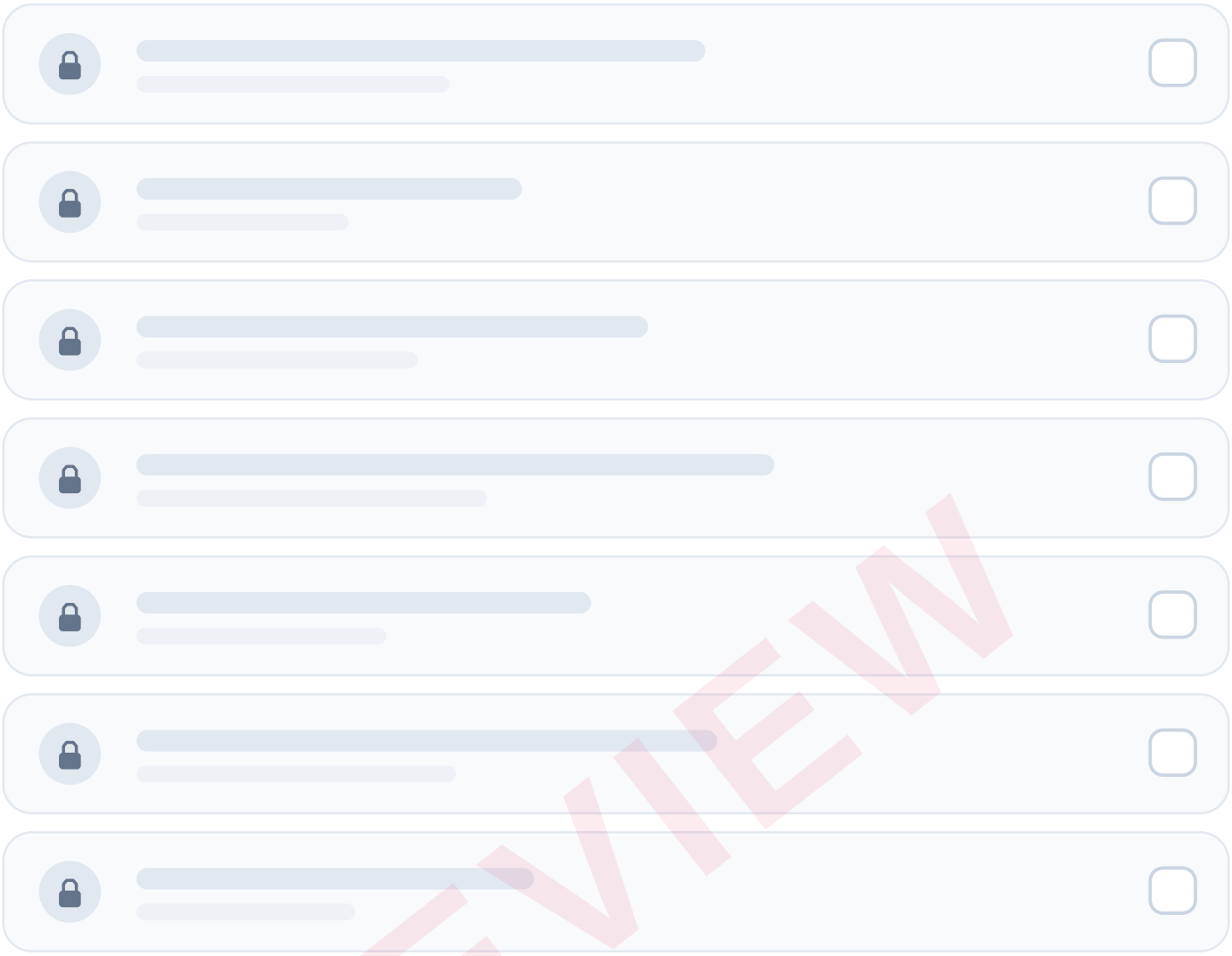
TIP *Imagine a string pulling the top of your head upward for proper alignment.*

3 Roll Back Your Shoulders

Relax your shoulders and roll them slightly back to avoid slouching.

TIP *Periodically shrug and release your shoulders to relieve built-up tension.*

PREVIEW



PREVIEW

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