

30 Day Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Posture Photos Gravity Line Self Assessment & Correction Scoliosis Self Assessment Pelvic Floor Awareness Awareness of the Head & Neck TV ELDOA	Gravity Line Correction Neuro-Muscular Activation of the Psoas Awareness of the (SI) Joint Awareness of the Hip Awareness of the Thoracic Diaphragm TV ELDOA	Gravity Line Correction Pelvic Floor Awareness Awareness of the Thoracic Diaphragm Awareness of the Shoulder Joint Thoracic Spine Awareness of the Lumbar Spine TV ELDOA	Gravity Line Correction Neuro-Muscular Activation of the Psoas (SI) Joint Warm Up Awareness of the Lumbar Spine Awareness of the Thoracic Diaphragm TV ELDOA	Gravity Line Correction Pelvic Floor Awareness Awareness of the Thoracic Diaphragm Awareness of the Shoulder Joint Head on Straight Schedule Check In	Gravity Line Correction Neuro-Muscular Activation of the Psoas (SI) Joint Warm Up Awareness of the Thoracic Diaphragm Awareness of the Hip TV ELDOA	Gravity Line Correction Pelvic Floor Awareness Awareness of the Thoracic Diaphragm Awareness of the Shoulder Joint TV ELDOA
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Lower Body Work Out —3 sets of 10 —	Upper Body Work Out —3 sets of 10 —	Core & Pelvic Work Out —3 sets of 10 —	Rest	Lower Body Work Out —3 sets of 10 —	Upper Body Work Out —3 sets of 10 —	Core & Pelvic Work Out —3 sets of 10 —
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Lower Body Work Out —3 sets of 20 —	Upper Body Work Out —3 sets of 20 —	Core & Pelvic Work Out —3 sets of 10 —	Rest	Lower Body Work Out —3 sets of 20 —	Upper Body Work Out —3 sets of 20 —	Core & Pelvic Work Out —3 sets of 20 —
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Lower Body Work Out —3 sets of 30 —	Upper Body Work Out —3 sets of 30 —	Core & Pelvic Work Out —3 sets of 10 —	Rest	Lower Body Work Out —3 sets of 30 —	Upper Body Work Out —3 sets of 30 —	Core & Pelvic Work Out —3 sets of 30 —
Day 29	Day 30					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body Work Out —3 sets of 40 —	Upper Body Work Out —3 sets of 40 —					