

FREE DIGITAL COMPANION

7-Day Posture Reset Guide

A simple, realistic routine to help you wear your posture corrector comfortably and build more mindful posture habits—one day at a time.

7 days

A short plan that fits into a normal week.

20–30 min

A gentle starting wear time for each day.

3 habits

Fit, movement and posture awareness.

Your goal is consistency, not perfection. Use the corrector as a reminder while you also practise active movement and comfortable alignment.

START HERE**1**

Fit it comfortably

A

Put it on

Slip your arms through the straps like a backpack and centre the support across your upper back.

B

Adjust gently

Tighten the straps until you feel a light reminder to bring your shoulders back. Avoid over-tightening.

C

Check your breathing

You should be able to breathe deeply, move your arms freely and sit without pinching or numbness.

D

Choose a base layer

For extra comfort, wear the corrector over a thin, smooth shirt—especially during your first week.

The right fit feels supportive, never restrictive. Loosen or remove the corrector if you notice pain, tingling, numbness or skin irritation.

2**DAYS 1–2**

Awareness before intensity

DAY 1

Find your neutral position

- Wear the corrector for 20 minutes.
- Keep both feet supported when sitting.
- Relax your jaw and let your shoulders drop.
- Notice when you start to lean forward.

2-MINUTE RESET

Take five slow breaths, gently roll your shoulders back and stand tall without forcing your chest upward.

DAY 2

Create a desk reminder

- Wear the corrector for 20–30 minutes.
- Bring the screen closer instead of leaning in.
- Keep elbows relaxed near your body.
- Take one movement break every 30–45 minutes.

WORKSPACE CHECK

Place a small note near your screen:
“Feet down. Breathe. Look forward.”

DAYS 3–4**3**

Add gentle movement

DAY 3

Open the front of your body

- Wear the corrector for up to 30 minutes.
- Stand and walk for part of the session.
- Keep your ribs relaxed rather than flared.
- Move slowly and stay within a comfortable range.

WALL REACH

Stand near a wall, reach both arms upward comfortably, lower them slowly and repeat five times.

DAY 4

Strengthen your reminder

- Wear for 30–40 minutes if comfortable.
- Alternate sitting and standing.
- Gently draw shoulder blades down and back.
- Avoid holding a rigid “military” posture.

SHOULDER-BLADE SQUEEZE

With arms relaxed, gently bring shoulder blades toward each other for three seconds. Repeat five times.

4

DAYS 5–6

Make it part of real life

DAY 5

Use it during a routine task

- Wear for 30–45 minutes if comfortable.
- Choose one task: computer work, reading or a walk.
- Keep your head balanced over your shoulders.
- Let the corrector remind you—not hold you up.

HABIT LINK

Put the corrector beside an object you use daily so the routine becomes easier to remember.

DAY 6

Practise without it

- Wear for your comfortable session.
- Remove it and keep the same posture awareness.
- Check in again after 15 minutes.
- Celebrate noticing a slouch—that awareness is progress.

THREE CHECKPOINTS

Set three reminders today and ask: “Am I comfortable, balanced and breathing freely?”

5

DAY 7

Review and personalise

1

Repeat your best session

Choose the activity and wear time that felt most comfortable during the week.

2

Notice what improved

Think about awareness, comfort, desk habits and how often you remembered to reset.

3

Choose next week's anchor

Pick one daily moment for the corrector and one movement break you can repeat.

4

Keep the plan flexible

Some days need shorter sessions. A routine you can repeat is more useful than an intense routine you abandon.

Your next goal: continue using the corrector for comfortable, limited sessions while practising active posture without it throughout the day.



YOUR WEEKLY TRACKER

Track the habit, not perfection

Tick the small actions you completed. Use the notes area to record comfort, fit adjustments and the routine that worked best.

Daily action	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Comfortable wear session	☐	☐	☐	☐	☐	☐	☐
Movement break	☐	☐	☐	☐	☐	☐	☐
Posture check-in	☐	☐	☐	☐	☐	☐	☐
Deep breathing reset	☐	☐	☐	☐	☐	☐	☐

NOTES

COMFORT AND SAFETY

Use your corrector mindfully



Keep it comfortably snug

More tension is not better. The corrector should remind you to adjust, not force your body into position.



Build wear time gradually

Begin with shorter sessions and increase only when the fit continues to feel comfortable.



Stay active

A posture corrector is not a replacement for movement, strength, mobility or regular breaks.



Stop if something feels wrong

Remove it if you experience pain, numbness, tingling, breathing difficulty or skin irritation.



Ask a qualified professional

If you have an injury, medical condition, recent surgery or ongoing pain, seek personalised advice before use.

This guide is educational and does not provide medical diagnosis or treatment. Individual needs vary.



Stand taller. Move easier. Build the habit.

Your posture journey is made of small check-ins repeated consistently. Keep this guide nearby and return to the routine whenever you need a reset.

YOUR 7-DAY RESET STARTS NOW