



Structure	Posture	✓/✗	DAY 1
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓/✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓ / ✗	Day 2
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓ / ✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓/✗	Day 3
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓/✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓/✗	Day 4
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓/✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓/✗	Day 5
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓/✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓/✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓ / ✗	Day 6
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓ / ✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Shoulder	High on left		
	High on right		



Structure	Posture	✓ / ✗	Day 7
Feet	Lower arched on Left		
	Lower arched on Right		
	Turned Out more on Left		
	Turned Out more on Right		
Structure	Posture	✓ / ✗	
Pelvis	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Hike on Left		
	Hike on Right		
	Shifted to Left		
	Shifted to Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Rib Cage	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Skull	Anterior Tilt (forwards)		
	Posterior Tilt (backwards)		
	Sidebend Left		
	Sidebend Right		
	Rotated to Left		
	Rotated to Right		
Structure	Posture	✓ / ✗	
Shoulder	High on left		
	High on right		