

Free PDF

30-Day Better Sitting Challenge For People Under 5'4"

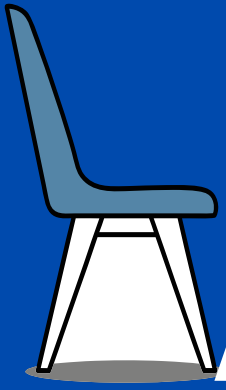


**Reduce Back Pain • Improve Posture •
Increase Comfort**



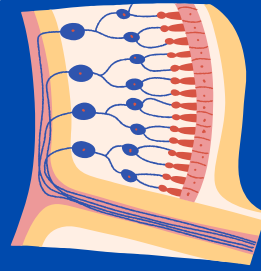
Week 1

Optimize Your Chair Setup



Day-1

**Adjust seat
height
feet flat on
the floor.**



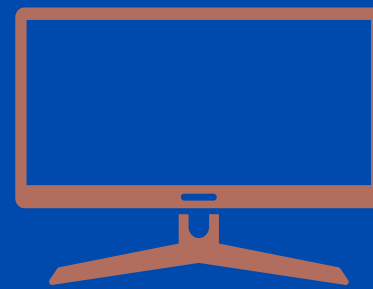
Day-2

**Align
lumbar
support
with belt
line**



Day-3

**Adjust armrest
-shoulders stay
relaxed**



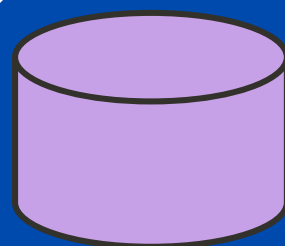
Day-4

**Check monitor
height-
top at eye level**



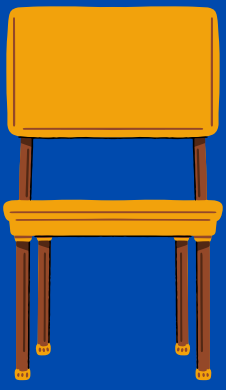
Day-5

**Adjust seat depth
2-3 finger gap**



Day-6

**Use a footrest if
needed.**



Day-7

**Review and
adjust.**

Setup Checklist

- ✓ **Feet supported**
- ✓ **Knees comfortable**
- ✓ **Lumbar adjusted**
- ✓ **Shoulders relaxed**
- ✓ **Armrests aligned**
- ✓ **Monitor at eye level**
- ✓ **Move every hour**



Week-2

Posture Habits



Day-8

Hips against
backrest



Day-9

Keep knees at
90°



Day-10

Avoid crossing
legs



Day-11

Keep wrists
neutral



Day-12

**Relax
shoulders**



Day-13

**Check posture
every hour.**



Day-14

**Evaluate
discomfort
levels.**

Week-2 Checklist

-  **Hips against backrest**
-  **Knees at 90°**
-  **Wrists neutral**
-  **Shoulders relaxed and
Hourly posture check**



Week-3

Movement Routine



Day-15
Stand 2
min
every
hour



Day-16
Take a
short walk
after lunch



Day-17
Perform seated
pelvic tilts.



Day-18
Stretch
hamstrings.



Day-19

**Stretch hip
flexors.**



Day-20

**shoulder
rolls &
neck stretches.**



Day-21

**Assess your
back pain
progress.**



Week-4

Long-Term Comfort



Day-22

Recheck lumbar support



Day-23

Reassess seat height



Day-24

Review desk & keyboard setup.



Day-25

Add a lumbar cushion if needed.



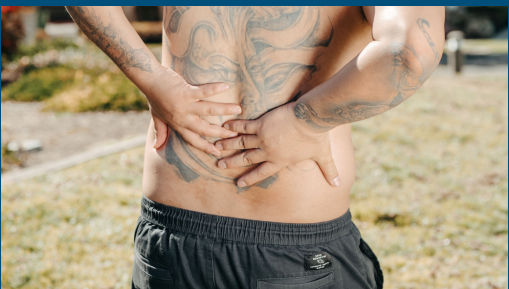
Day-26

**Check chair
recline tension.**



Day-27

**Practice dynamic
sitting**



Day-28

**Compare pain
levels to Day 1.**



Day-29

**Note the most
helpful
adjustments.**



Day-30

Create your final
setup



Congratulations !

- **Better Posture**
- **Reduced back pain**
- **Better workstation setup**

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