

Daily Routine

The following are tasks I intend to perform every morning and evening.

Morning Routine

- Do **ten reps** of something
- **Stretches** to correct Anterior Pelvic Tilt
- **Wall Exercises** to correct Forward Head Posture
- **Meditate** for 10 or more mins.

Evening Routine

- **Stretches** to correct Anterior Pelvic Tilt
- **Wall Exercises** to correct Forward Head Posture
- Record the People I reached today in spreadsheet
- Write **Retrospective**