



7-Day Wellness Plan for Desk Workers



Daily Structure Overview

Wellness Focus	Frequency
Stretching	2–3x per day
Hydration	Every hour
Eye Breaks	Every 20 minutes
Movement	Every 60–90 mins
Nutrition Focus	Daily
Sleep Hygiene	Nightly
Mindfulness	Daily (5–10 mins)



Daily Breakdown

Day 1: Posture Reset & Desk Ergonomics

- ✔ *Task:* Adjust chair, monitor (eye level), keyboard, mouse position.
- 💪 *Movement:* Do 3 x 5-min posture correction stretches.
- 🧠 *Mind:* 5-minute meditation or deep breathing.
- 🥗 *Eat:* Anti-inflammatory foods: leafy greens, berries, fish.
- 💧 *Hydrate:* Aim for 2 liters of water.

Stretch Tip: Wall angels, chin tucks, seated spinal twists.

Day 2: Move More Often

- 🕒 *Task:* Set hourly reminders to stand/move.

- 🚶 *Movement:* 10 min morning walk + 5 min every 90 mins.
- 🧠 *Mind:* Practice gratitude journaling (3 things).
- 🍴 *Eat:* Add fiber-rich foods (beans, oats, nuts).
- 💧 *Hydrate:* Water with lemon slice or mint.

Stretch Tip: Standing quad stretch, wrist rolls, forward fold.

Day 3: Focus on Eyes & Screen Fatigue

- 👁️ *20-20-20 Rule:* Every 20 mins, look at something 20 ft away for 20 seconds.
- 💡 *Task:* Adjust brightness and blue light filters.
- 🧠 *Mind:* Do a 10-minute body scan meditation (use app if needed).
- 🍵 *Eat:* Add eye-healthy foods (carrots, sweet potato, eggs).
- 💧 *Hydrate:* Herbal tea (e.g., chamomile, peppermint).

Stretch Tip: Eye rolls, palming technique, neck stretches.

Day 4: Desk-Friendly Workout

- 🧘 *Task:* 10-min desk-based workout:
 - 15 chair squats
 - 10 desk push-ups
 - 20 calf raises
 - 10 tricep dips (on chair)
 - 1-min wall sit
- 🧠 *Mind:* Try mindful eating at lunch—no distractions.
- 🍴 *Eat:* Balanced plate (protein, veggies, whole grains).

- 💧 *Hydrate*: Track water on phone or journal.

Stretch Tip: Arm crossovers, ankle circles, seated leg extensions.

Day 5: Digital Detox Evening

- 📵 *Task*: Shut down screens 1 hour before bed.
- 🌙 *Mind*: Evening routine—stretch, read, warm bath.
- 🥬 *Eat*: Light dinner, avoid caffeine after 2 PM.
- 💧 *Hydrate*: Water, then herbal tea before bed.

Stretch Tip: Reclining twist, child's pose, cat-cow.

Day 6: Active Recovery & Nature

- 🌳 *Task*: Go for a walk in a green area or park (20–30 mins).
- 🧘 *Mind*: Do a gentle 15-minute yoga video (desk workers theme).
- 🥗 *Eat*: Smoothie with greens, protein, banana, flaxseed.
- 💧 *Hydrate*: Infused water (e.g., cucumber + mint).

Stretch Tip: Standing hamstring stretch, shoulder rolls, hip openers.

Day 7: Reflect & Reset

- 📅 *Task*: Journal your wins and struggles this week.
- 🧘 *Mind*: Do a 5-min visualization (imagine how you want next week to feel).
- 🥘 *Eat*: Prep healthy snacks for next week (nuts, cut veggies, boiled eggs).
- 💧 *Hydrate*: Drink water with apple cider vinegar or ginger.

Stretch Tip: Downward dog, neck rolls, seated figure-4 stretch.



Tips for Success

- **Apps to Use:**
 - *Stretch reminders:* Stretchly, Stand Up!
 - *Meditation:* Insight Timer, Calm
 - *Posture check:* Upright Go or phone posture apps
- **Gear Suggestions:**
 - Laptop stand or external monitor
 - Ergonomic chair or seat cushion
 - Blue light glasses (optional)