

Desk Reset Checklist

5–8 minutes that save your afternoon. No gear required.

Before you start (30 seconds)

- ☐ Screen a little closer to eye height
- ☐ Feet supported
- ☐ Water within reach

The 6-check reset

- ☐ **Chin glides** × 5 — chin slides straight back, soft and slow
- ☐ **Shoulder blade squeezes** × 6 — gentle, no low-back arch
- ☐ **Desk-edge hang 45s** — chest softens between shoulders
- ☐ **Hip wake-up** — seated figure-4 30s/side *or* 60s march in place
- ☐ **Eyes** — blink × 10, then look far 30s
- ☐ **Close** — stand, sip water, write next task in one sentence

Sticky habits (pick 2)

- ☐ After every call → look far 20 seconds
- ☐ Mid-afternoon → 2-minute water walk (phone stays at desk)
- ☐ End of day → jaw unclench + shoulder rolls 60 seconds

Want the full week?

7-Day Desk Reset — \$9 · day-by-day cards + tracker
myhealtheveryday.com/desk-reset