Mini Retreat for Your Feet Checklist

week one

And this little piggie	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
ASSESS STATIC POSTURE							
TENNIS BALL UNDER THE FOOT							
TOE STRETCH AGAINST VERT. SURFACE							
TOE LIFTS							
HOLD HANDS WITH YOUR FEET							
SPREAD YOUR TOES							
RE-ASSESS STATIC POSTURE							