



3 Months Transformation Plan

Rebuild • Realign • Restore

Client Overview

Goal:	Posture Correction + Fat Loss
Name:	Rohit Sharma
Age :	30 yrs
Gender:	Male
Height :	175 cm
Weight:	78kg → Target 70kg
Occupation:	IT Professional (desk job)
Activity Level:	Moderate
Pain Areas:	Neck & Upper Back stiffness
Diet:	Vegetarian, Gluten-Free
Sleep Pattern:	7-8 hours
Stress Level:	Sometimes
Water:	8 glasses/day
Training Style:	Functional + Strength (home-based)
Workout Time:	45-60 minutes/day, 6 days/week

Phase 1 - Reset & Align (Weeks 1-4)

Objective: Improve posture, mobility, and metabolism.

Workout Schedule:

- Monday: Mobility + Core Activation (Cat-Cow, Bird Dog, Plank, Glute Bridge)
- Tuesday: Posture & Upper Body (Wall Angels, Band Rows, Scapular Push-ups)
- Wednesday: Lower Body & Stability (Bodyweight Squats, Step-ups, Heel Raises)
- Thursday: Core & Balance (Side Plank, Superman Hold, Pallof Press)
- Friday: Cardio + Posture Flow (Brisk Walk 30 min + Stretch Flow)
- Saturday: Yoga Mobility Flow (Sun Salutations x3, Shoulder Opener)
- Sunday: Rest & Recovery (Foam Rolling / Light Walk)

Diet Plan (1800 kcal, Gluten-free Vegetarian):

- Morning: Lemon water with rock salt
- Breakfast: Moong chilla + mint chutney + tofu
- Mid-Morning: Coconut water + 5 almonds
- Lunch: Brown rice + dal + veggies + lactose-free curd
- Snack: Banana + green tea
- Dinner: Quinoa + paneer/tofu + sauteed veggies
- Post-dinner: Herbal tea (turmeric + cinnamon)

Phase 2 - Strength & Stability (Weeks 5-8)

Objective: Build strength and posture endurance.

Workout Schedule:

- Monday: Upper Body Strength (Push-ups, Band Rows, Pike Press, Bicep Curls)
- Tuesday: Lower Body Strength (Split Squats, Glute Bridge March, Step-ups)
- Wednesday: Mobility & Core (Plank Taps, Dead Bug, Side Plank)
- Thursday: Functional Full Body (Burpees, Mountain Climbers, Band Pull-aparts)
- Friday: Cardio + Posture Flow (Fast Walk 40 mins + Stretch)
- Saturday: Yoga + Breathwork (Cobra, Bridge, Pranayama)
- Sunday: Active Rest (Walk + Foam Roll)

Diet Plan:

- Morning: Chia water + lemon
- Breakfast: Oats upma + almond milk
- Mid-Morning: Roasted makhana + green tea
- Lunch: Millet roti + chana + salad + curd
- Snack: Banana + peanut butter
- Dinner: Paneer/tofu stir-fry + soup
- Post-dinner: Herbal tea (ashwagandha/chamomile)

Phase 3 - Sculpt & Sustain (Weeks 9-12)

Objective: Tone, define muscles, and maintain posture alignment.

Workout Schedule:

- Monday: Full Body Circuit (Jump Squat, Push-up, Plank, Mountain Climber)
- Tuesday: Core Sculpt (Reverse Crunch, V-up, Superman, Side Plank Rotation)
- Wednesday: Functional HIIT (30-sec work, 15-sec rest x 4 rounds)
- Thursday: Mobility Recovery (Hip opener, Thoracic twist, Cat-Cow)
- Friday: Strength Flow (Band Deadlift, Band Row, Wall Sit Hold)
- Saturday: Yoga for Posture (Bridge, Warrior, Seated Twist)
- Sunday: Rest & Reflection (Foam roll + Meditation)

Diet Plan:

- Morning: Jeera water + 5 almonds
- Breakfast: Smoothie (banana + spinach + peanut butter + almond milk)
- Mid-Morning: Coconut water + fruit
- Lunch: Mixed grain khichdi + salad + curd
- Snack: 1 date + nuts
- Dinner: Soup + grilled tofu + sauteed veggies
- Post-dinner: Tulsi or chamomile tea

Daily Posture Correction Habits

- Keep laptop screen at eye level
- Avoid crossing legs when sitting
- Stretch every hour (neck, shoulders, back)
- Sleep on firm mattress with a neutral pillow
- Practice deep breathing 5 mins daily

Expected Results by Week 12

Weight: 78 kg to 70-71 kg

Body Fat: ~26% to 18-20%

Pain: Moderate neck stiffness to None

Posture: Forward head to Neutral alignment

Energy Levels: Average to High and stable

Monthly Progress Tracker

Week	Weight (kg)	Body Fat (%)	Pain (0-10)	Energy Level (1-10)	Notes
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					

Weekly Check-In Form

Week #: _____ Date: _____

1. Average sleep hours per night: _____
2. Stress level this week (Low / Moderate / High): _____
3. How many workouts completed? ____ / 6
4. Energy levels (1-10): _____
5. Digestion or bloating issues? _____
6. Pain or stiffness level: _____
7. Water intake (in glasses): _____
8. Dietary adherence (1-10): _____
9. Weight this week: _____ Waist circumference: _____
10. Feedback or difficulties faced: _____

Posture & Transformation Photo Log

Upload and compare client photos every 4 weeks:

- Week 1: Front / Side / Back
- Week 4: Front / Side / Back
- Week 8: Front / Side / Back
- Week 12: Final comparison

Coach Notes:

Pain & Mobility Observation Chart

Area	Initial Pain (0-10)	Current Pain	Mobility Improvement	Notes
Neck				
Shoulder				
Upper Back				
Lower Back				
Knee				
Overall				

Compliance Summary (Month-End)

1. Average Workout Adherence: _____%
2. Average Sleep Duration: _____ hrs
3. Stress Management Practices Used: _____
4. Diet Compliance Score: _____/10
5. Water Intake Average: _____ glasses/day
6. Overall Coach Assessment:

7. Final 12-Week Assessment

Starting Weight: _____ kg Final Weight: _____ kg

Starting Body Fat: _____% Final Body Fat: _____%

Posture Alignment Score (1-10): _____

Pain Reduction Score (1-10): _____

Mobility Improvement: _____

Energy Consistency: _____

Client Feedback: _____

Coach Final Remarks:

Stay consistent, track progress photos every 2 weeks, and reach out to your coach for guidance anytime. Your transformation has begun!

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