



Grab your grid, snap a photo and send to: mail@posturezone.com or tweet to [@PostureZone](https://twitter.com/PostureZone) - We'll feature your business in social media!

MOUNTING

1. Choose a spot for your grid.
2. Use a level to mark a plumb line or center point on the wall or door.
3. Measure 1 foot (or for metric grid, 1 meter) from the floor and make a mark on the wall (or door) to use as a positioning guideline. During installation, match your premeasured mark with the 1-foot (or 1 meter) line printed on the grid.

Options if you have baseboard:

- Install the posture grid over the baseboard.
- Remove a section of the baseboard.
- Trim the bottom of the grid to fit just above the baseboard.

INSTALLATION

WALL GRID: Hang from the grommets at the top of the grid using screws or nails. To keep the grid flush against the wall, you can use:

- double-sided foam tape or across the bottom**
- insert screws through the fabric at the bottom corners

DOOR & KIDZ GRID: To mount to the door or wall, you can use:

- double-sided foam tape or Velcro across the top and bottom**
- removeable mounting adhesive or velcro strips
- screws through the fabric at each corner

***Note: If you plan to remove the grid for use at events or screenings, use screws, removeable adhesive strips or Velcro instead of double-sided foam tape.*

HELPFUL HINT: Use a level to double-check your positioning.

CARE

Clean with a soft sponge, cool water and a mild dish detergent.

