



INSTALL YOUR POSTURE GRID

MOUNTING INSTRUCTIONS

1. Mount the grid in an area that lets you step back and capture the full subject (head to toe) in the picture.
2. Mark a vertical line (or center line) as a reference before mounting.
3. Measure 1 foot from the floor and make a mark to use as a positioning guideline. Use a level!
4. During installation, simply match your premeasured mark with the 1 foot line printed on the grid.

Note: If you have baseboard in your office:

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

INSTALLATION TIPS

- Hang from the preinstalled grommets at the top of the grid using screws or nails.
- To keep the grid flush with the wall, use:
 - Use removeable adhesive strips or tabs, or
 - Insert screws through the fabric at the bottom corners of grid
 - Apply a strip of double-sided foam tape across the bottom of the grid**

****Note:** If you plan to remove the grid for use in other areas, consider using removeable velcro strips.

CARE & MAINTENANCE

To clean, wipe with a soft sponge, warm water and a mild soap.