

Fill in the days of the week and record each time you complete an exercise with a tick. Try 5 times a day

Week 1

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting fast slow							
Standing fast slow							
Daily walk							
Notes							

Week 2

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting fast slow							
Standing fast slow							
Daily walk							
Notes							

Week 3

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting fast slow							
Standing fast slow							
Daily walk							
Notes							

Week 4

Pelvic floor muscles	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting- fast slow							
Standing - fast slow							
Daily walk							
Notes							

