

Pelvic Floor Exercise Tracker

Use this tracker to track your pelvic floor muscle exercises for the next 4 weeks.

On the left, write your weekly goals including reps/set, sets/day, and days/week that you were instructed to perform these exercises.

www.prestoabsorbent.co	III	The "Not	es" section sho	uld be used to re	ecord any addit	ional informati	on that may be l	helpful.
Week 1 - Exercise Reps/Set, Sets/Day, Days/Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
Week 2 - Exercise Reps/Set, Sets/Day, Days/Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
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Week 3 - Exercise Reps/Set, Sets/Day, Days/Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
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Week 4 - Exercise Reps/Set, Sets/Day, Days/Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes