

My Pelvic Muscle Exercise Log

Print out this chart and record your pelvic muscle exercises.

Sunday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Monday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Tuesday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Wednesday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Thursday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Friday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Saturday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

My Pelvic Muscle Exercise Log

Print out this chart and record your pelvic muscle exercises.

Sunday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Monday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Tuesday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Wednesday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Thursday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Friday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.

Saturday

- I exercised my pelvic muscles ____ times.
- I spent ____ minutes exercising.
- At each exercise session, I squeezed my pelvic muscles ____ times.