



Pelvic Floor Exercise Tracker

This sheet makes it easy to track your pelvic floor muscle exercises over the next 4 weeks. In the column at left, record the plan for the week, including the number of reps per set, sets per day and days per week you were instructed to perform. Use the “notes” space to record additional information that may be relevant. The first line is presented as an example.

WEEK 1 - EXERCISE Reps per Set / Sets per Day / Days per Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	NOTES
Example 10 reps/set, 3 sets/day, 4 days/week	//		//		///	///		Couldn't do all 3 sets at beginning of the week but worked up to 3 sets/day by the end!

WEEK 2 - EXERCISE Reps per Set / Sets per Day / Days per Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	NOTES

WEEK 3 - EXERCISE Reps per Set / Sets per Day / Days per Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	NOTES

WEEK 4 - EXERCISE Reps per Set / Sets per Day / Days per Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	NOTES