



Exercise Chart

Use this chart to remind you to exercise your pelvic floor several times a day

Mark each box with a tick, or the time of day, or the number of repetitions and how many seconds you held for – whichever is more useful to you.

	1	2	3	4
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				

	1	2	3	4
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				