

PELVIC FLOOR EXERCISE TRACKER

Name: _____

Week Beginning: _____

EXERCISE	GOAL	DAILY PROGRESS (M T W T F S S)
Quick Flicks Contract and release rapidly.	10 Reps / 3 Sets	
Slow Holds Squeeze and hold for 10 seconds.	5 Reps / 3 Sets	
The Elevator Incremental tension stages.	3 Reps / 2 Sets	
Deep Squat Breath Relax floor on deep inhale.	10 Breaths	

NOTES & SYMPTOMS