

My Pelvic Muscle Exercise Log

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.