

Exercise Diary

www.keygal.com



Fill in the days of the week and record each time you complete an exercise with a tick. Try 5 times a day

Week 1

Pelvic floor muscles		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast							
	slow							
Standing	fast							
	slow							
Daily walk								
Notes								

Week 2

Pelvic floor muscles		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast							
	slow							
Standing	fast							
	slow							
Daily walk								
Notes								

Week 3

Pelvic floor muscles		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting	fast							
	slow							
Standing	fast							
	slow							
Daily walk								
Notes								

Week 4

Pelvic floor muscles		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sitting-	fast							
	slow							
Standing -	fast							
	slow							
Daily walk								
Notes								

Keygal provide specialist information about pelvic floor health, sexual health and medical information.
www.keygal.com Tel 0871 218 1233 from the UK.

