Exercise Diary

Record the number of reps you do of each exercise every day. This will help you keep track of your progress.
Note! You should always consult your ostomy care nurse or surgeon before starting exercising.

Date	1 Tummy Tightening Breathing	2 Pelvic tilt	3 Hip Lift/Bridge	4 Knee Rolls
	Reps _____	Reps _____	Reps _____	Reps _____

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