Exercise Diary

Record the number of reps you do of each exercise every day. This will help you keep track of your progress.

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

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

