

Daily postpartum exercise tracker

Week of: _____

Exercise	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Kegel exercise							
Leg and arm extension							
Yoga boat							
Raised leg extension							
Transverse abdominis side bracing							
Toe tap							
Heel slide							
Pelvic tilt							
Knee to chest stretch							
Supine lower back release							

Goals: _____

