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 / Urology Care

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