

Pelvic Floor Weekly Planner

WEEK NUMBER:

SUNDAY

- ♥ Morning = PF Endurance
- ♥
- ♥
- ♥
- ♥

TUESDAY

- ♥ Morning = PF Endurance
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- ♥

THURSDAY

- ♥ Morning = PF Endurance
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- ♥

SATURDAY

- ♥ Morning = PF Endurance
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MONDAY

- ♥ Morning = PF Endurance
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- ♥

WEDNESDAY

- ♥ Morning = PF Endurance
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- ♥
- ♥

FRIDAY

- ♥ Morning = PF Endurance
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- ♥
- ♥
- ♥

NOTES

- ♥ 3 X Video Sessions
- ♥ Walk or Swim
- ♥ Add your time
- ♥
- ♥

PREPARE NOW

www.perfectpelvicfloor.com

PPF