



Download 2:

28 Day Pelvic Floor Challenge Accountability Progress Diary

15 TO 20 Minutes Each Day

(Enter your start date) (Tick off as you go)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

There are 28 daily pelvic floor exercises in the **Files section** in the closed [Secret Whispers Facebook Group](#). You can use these to get exercise ideas and get a real pelvic floor workout done. I believe that each and every one of you can do this. You are worth it!

Please print this and keep somewhere to remind you. Please do both the **daily accountability** diary above and the **weekly progress** monitor table in download 1 every week. Visualisation is very powerful to keep you accountable.



[Secret Whispers Facebook Group](#)



[Secret Whispers](#)

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28 Day Challenge Starts
TODAY! 💎💎



time flies
so fast!



"The best way to treat bladder weakness is to exercise your pelvic floor muscles."
ITV's Dr Chris Steele MBE