

## Exercise Tracker

Please track your exercise for 1 week. We will go over it together in class next week Use the handout on pregnancy exercise as a guide.

### Monday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Tuesday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Wednesday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Thursday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Friday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Saturday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N?

### Sunday

Today was I able to? (Circle Yes or No) Do cardio for 30 minutes, Y N? Did I do kegels, Y N? How many am I able to do? \_\_\_\_ Did I do pelvic rocks, Y N? How many? \_\_\_\_ Did I Taylor sit, Y N? Did I squat, Y N??

What was the hardest thing about this assignment?

Do I do any other physical exercise this week?

Do I feel that my physical activity needs improvement?