Pelvic Floor From Week One: Daily Card

Find your pelvic floor with your breath and build to three short sets a day before your six-week check.

Find It First (Days 1 to 7)

1. Lie on your side or back, knees bent, one hand on your belly and one on your lower ribs.
2. Breathe in for 4 counts. Let your belly soften and your pelvic floor widen, no effort.
3. Breathe out for 6 counts and gently lift the back passage, then the front, like holding wind and pee.
4. Hold 2 to 3 seconds, then let go fully and feel the drop. Nothing moving yet is normal this week.
5. Repeat 5 times, two or three times a day. Use a feed or a diaper change as your cue.
6. Keep jaw, buttocks and inner thighs loose. If your glutes clench, you are working too hard.

Build It (Weeks 2 to 6)

- [ ] Week 2: 5 slow squeezes, hold 3 seconds, rest 6 seconds, exhaling into each lift. Three sets a day.
- [ ] Week 3: Hold 5 seconds. Add 5 quick flicks, one per second, with a full release between each.
- [ ] Week 4: Hold up to 8 seconds, 8 reps, plus 10 quick flicks. Try one set sitting upright.
- [ ] Week 5: Repeat the week 4 set standing, feet hip width apart, one hand on a counter.
- [ ] Week 6: Squeeze and exhale just before a cough, sneeze or lifting the baby (the knack).
- [ ] Any week: if a hold shakes or drops early, go back one week for three days. Progress is not a race.

Signs to Pause and Call

- Heaviness or a bulge at the vaginal opening that gets worse by evening.
- Leaking pee or stool that is not improving by week 6, or any leaking of stool at all.
- Pain, burning or stitches pulling during a squeeze. Wait and ask before continuing.
- Bleeding that gets heavier or brighter red after a set.
- No lift or release felt at all after two weeks of daily tries.

Daily Squeeze Log

Date	Sets done (0 to 3)	Longest hold (sec)	Leaks today	Notes

When to get help: If you feel a bulge or heaviness, leak stool, or feel no lift at all after two weeks, see a pelvic floor physical therapist or your OB-GYN first.