

MONTH 1

MON	TUE	WED	THU	FRI	SAT	SUN
BEFORE YOU BEGIN						
Bladder Diary #1				Workout: Kegel Squeeze	Workout: Kegel Squeeze	Workout: Kegel Squeeze
Education: Introduction	Education: Anatomy	Education: Physiology	Education: Techniques			
WEEK 1						
Workout: Module 1		Workout: Module 1		Workout: Module 1		Workout: Module 1
Nutrition: Week 1						
WEEK 2						
	Workout: Module 1		Workout: Module 1		Workout: Module 1	
Nutrition: Week 2						
WEEK 3						
Workout: Module 1		Workout: Module 1		Workout: Module 1		Workout: Module 1
Nutrition: Week 3						
WEEK 4						
	Workout: Module 1		Workout: Module 1		Workout: Module 1	
Nutrition: Week 4						