

Daily pregnancy exercise tracker

Trimester: _____

Week of: _____

Exercise	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Kegel exercise							
Bird dog							
Knee side plank							
Reverse plank							
Pilé squat							
Lunge							
Good morning							
Deadlift							
One-arm row							
Cat cow							
Downward dog							
Pigeon							

Goals: _____
