



Postnatal Course Planner



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reps	—	—	—	—	—	—
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	—	—	—	—	—	—
Pelvic Floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	—	—	—	—	—	—
Upper Body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	—	—	—	—	—	—
Core	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	—	—	—	—	—	—
Lower Body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	—	—	—	—	—	—

Tracking your progress: When you've completed a segment, put a satisfying tick in the 'Done' box in the relevant row / column. You can add a tally mark in the 'Reps' box so you can track how many times you've done a segment if you'd like to repeat any before moving onto the next week.