

# Tracker

This tracker is a tool designed to help you reach your exercise, fiber, and fluid goals. Record your goals and track your progress each day. Under the bladder and bowel columns, record your symptoms to see if your exercise, fiber, and fluid changes are working. See an example tracker on the next page.

**My goals:**

Date	Exercises	Fiber	Fluid	Bladder		Bowels	
				Times	Leaks	Types	Leaks
				☀	☀		
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## Sample Goals and Tracker

### A Friendly Reminder to Stula

**Stula's pelvic floor exercise goal:**

Squeeze and relax: 10x with each meal

Quick flick: 10x with each meal

**Stula's fiber goal:** Eat 21 grams of fiber/day by adding high-fiber cereal for breakfast

**Stula's fluid goal:** Drink 84 ounces/day by filling up my 12 oz water bottle at each meal

What goals do you want to focus on? Take a moment to record your goals on the Tracker handout

### Stula's Tracker

**My goals:**

**Exercise:** "Squeeze and relax" 10x, 3 times/day and "Quick flick" 10x, 3x/day

**Fiber:** Eat 21 grams of fiber/day – add high fiber cereal!

**Fluid:** Drink 84 ounces of fluid/day – more water!

Date	Exercises	Fiber	Fluid	Bladder		Bowels	
				Times	Leaks	Types	Leaks
MON 2/12	Squeeze and relax 10x: <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	All bran (13) Apple (4) Rye bread (2)  Total: 19 grams	Water 12 x 4 Coffee 12 Wine 6  Total: 66 ounces	☀ IIII	☀	Type 1	
	Quick flick 10x: <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>			☾	☾	Type 2 Type 2	

Stula copied her goals into her tracker in a way that worked for her. Every day she recorded her pelvic floor exercises, how much fiber she ate, and how much fluid she drank.

She tallied every time she emptied her bladder or had a bladder leak in the daytime (next to the sunshine) and at nighttime (next to the moon). Stula recorded her stool type after every bowel movement and tallied her bowel leaks.

Feel free to track your goals and symptoms however it works best for you!  
To start, record your goals on your first tracking sheet.