



LadySystem®

Vaginal Cones
Pelvic Floor Therapy

15 minutes - Twice a day

Exercise Diary

- Indicate in each daily box the cone number used (1, 2, 3, 4, 5), or (-) if no cone is used.
- Take this chart with you to discuss your progress the next time you visit your doctor.

Week		MON	TUE	WED	THU	FRI	SAT	SUN	COMMENT ON YOUR PROGRESS
1	Morning								
	Evening								
2	Morning								
	Evening								
3	Morning								
	Evening								
4	Morning								
	Evening								
5	Morning								
	Evening								
6	Morning								
	Evening								
7	Morning								
	Evening								
8	Morning								
	Evening								
9	Morning								
	Evening								
10	Morning								
	Evening								
11	Morning								
	Evening								
12	Morning								
	Evening								
13	Morning								
	Evening								
14	Morning								
	Evening								



Oops ... laughing without leaking®

Make it happen ... defeat urinary stress incontinence

VISIT, BROWSE, PARTICIPATE

To know more about urinary stress incontinence, visit www.laughingwithoutleaking.ca