Kegel practice record

Use this sheet to record advice appropriate to you. It does not prescribe exercises, diagnose symptoms or predict results.

My goal / advice received

Position and movement

Hold time / rest time, if advised

Repetitions / frequency, if advised

When to stop or seek advice

Review date / professional to contact

Technique checks

- ☐ Breathe throughout the movement.
- ☐ Keep thighs and buttocks relaxed.
- ☐ Allow the muscles to release between contractions.
- ☐ Do not practise by stopping urine midstream.

Stop a painful movement. Ask a health professional about pain, bladder-emptying difficulty, recent surgery or uncertainty about your technique.

Record what happened

Week beginning: _____ Review date: _____

Copy this page for another week. A note is enough; there is no score or target streak.

Date	Practice / advice followed	Release / comfort	Questions
1			
2			
3			
4			
5			
6			
7			

At your review

What was clear? What was difficult? Did anything feel painful or make it harder to relax? Bring these notes to the professional advising you.

Professional guidance

North Bristol NHS Trust: movement cues

The Royal Marsden: demonstration for male anatomy

Clickable sources are also listed on the download page. These institutions did not review this worksheet or endorse Defy. Prepared 5 November 2026.