

New Mom Workout: 6 Week Tracker

Day	Kegals	Deep Breath	Abdominals	Pelvic Tilt	Head Lifts	Leg Slides	Warmup	Flexibility	Aerobics	Strength	Cool Down
1											
2											
3											
4											
5											
6											
Week 1: 7											
8											
9											
10											
11											
12											
13											
Week 2: 14											
15											
16											
17											
18											
19											
20											
Week 3: 21											
22											
23											
24											
25											
26											
27											
Week 4: 28											
29											
30											
31											
32											
33											
34											
Week 5: 35											
36											
37											
38											
39											
40											
41											
Week 6: 42											

A Fitness Tool provided as a courtesy by GoWorkoutMom.com