

The PELVIC FLOOR *Reset*™

SUCCESS TOOLKIT

10 Essential Tools

To Help You Apply, Track,
Troubleshoot, and Maintain
Your Pelvic Health
Transformation

- Ⓢ Practical Tools
- Ⓢ Real-Life Application
- Ⓢ Personalized Tracking
- Ⓢ Lasting Results

BONUS
MASTER
DOCUMENT

YOUR COMPLETE COMPANION TO
THE PELVIC FLOOR RESET™



A premium companion to The Pelvic Floor Reset™

By Mama Grace

Before You Begin

Educational purpose

This toolkit supports reflection, habit-building and informed conversations. It does not diagnose, treat or cure pelvic-floor conditions and does not replace personalised care from a qualified healthcare professional.

Use this toolkit safely

- ☐ Stop any activity that causes pain, pressure, bulging, bleeding or worsening symptoms.
- ☐ Seek urgent medical care for sudden weakness, numbness, inability to pass urine, loss of bowel control, heavy bleeding, fever or severe pain.
- ☐ Pregnant, newly postpartum, recently operated or medically complex readers should get individual clearance before progressing exercise.

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Your Success Journey

You are not starting from zero. You are starting from experience.



The main book helped you understand what the pelvic floor does and why symptoms can appear during pregnancy, postpartum, menopause and later life. This toolkit helps you turn that understanding into practical decisions you can repeat in ordinary life.

The goal

Not perfection. Better awareness, safer habits, clearer progress, stronger confidence and earlier support when something does not feel right.

How to Use This Toolkit

1. Begin with your baseline

Complete the Self-Discovery Assessment before changing your routine.

2. Choose one priority

Pick the symptom or life area causing the biggest disruption.

3. Practise consistently

Small, correct practice is more useful than intense, irregular effort.

4. Track patterns, not perfection

Record triggers, comfort, confidence and recovery.

5. Review every four weeks

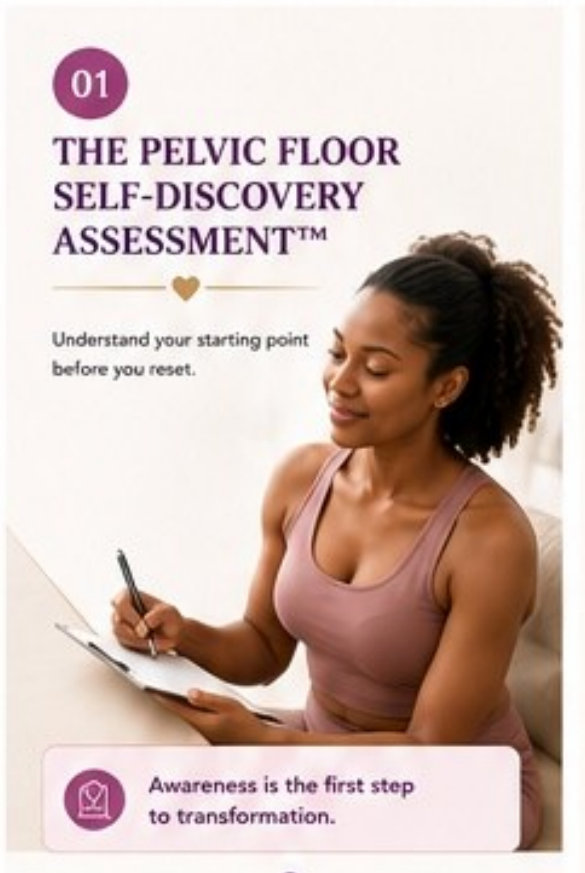
Compare your starting point with your current experience.

6. Escalate wisely

Use the appointment kit when symptoms persist, worsen or feel unclear.

The Pelvic Floor Self-Discovery Assessment™

Understand your starting point before you reset.



This assessment does not label you. It helps you notice patterns across bladder control, bowel habits, pressure, intimacy, movement and confidence. Complete it once now and again after 30, 60 and 90 days.

A. Bladder and Pressure Symptoms

Statement	0	1	2	3	4	5
I leak when coughing or sneezing	☐	☐	☐	☐	☐	☐
I leak when laughing, running or jumping	☐	☐	☐	☐	☐	☐
I leak while lifting a child or heavy item	☐	☐	☐	☐	☐	☐
I rush to the toilet with little warning	☐	☐	☐	☐	☐	☐
I wake several times to urinate	☐	☐	☐	☐	☐	☐
I feel pressure, heaviness or dragging	☐	☐	☐	☐	☐	☐
I avoid activities because of fear of leaking	☐	☐	☐	☐	☐	☐

Scoring: 0 = never, 1 = rarely, 2 = sometimes, 3 = often, 4 = very often, 5 = severely affects my life.

B. Awareness, Comfort and Intimacy

Statement	0	1	2	3	4	5
I can identify a gentle pelvic-floor lift	☐	☐	☐	☐	☐	☐
I can fully relax after a contraction	☐	☐	☐	☐	☐	☐
I breathe during effort instead of holding my breath	☐	☐	☐	☐	☐	☐
I experience discomfort with intimacy	☐	☐	☐	☐	☐	☐
I avoid intimacy because of fear or embarrassment	☐	☐	☐	☐	☐	☐
I feel disconnected from my pelvic area	☐	☐	☐	☐	☐	☐
I feel confident discussing symptoms with a professional	☐	☐	☐	☐	☐	☐

Lifestyle Impact and Personal Reset Score

- ☐ Exercise or sport
- ☐ Prayer or worship
- ☐ Sleep quality
- ☐ Parenting activities
- ☐ Social events
- ☐ Work or study
- ☐ Travel and long journeys
- ☐ Clothing choices
- ☐ Marriage or intimacy
- ☐ Confidence and mood

My personal reset score

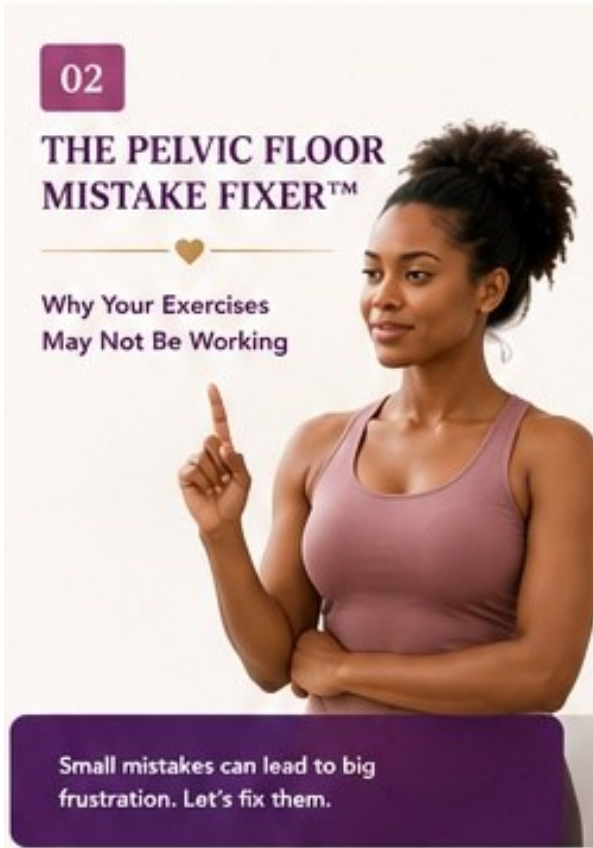
Checkpoint	Score / 70	What changed?
Starting point		
Day 30		
Day 90		

Reflect

Which symptom affects your freedom most? What would meaningful progress look like in your real life?

The Pelvic Floor Mistake Fixer™

Why your exercises may not be working.



Pelvic-floor progress is not only about doing more squeezes. Technique, breathing, relaxation, timing, movement and the type of symptom all matter. Use this section to identify what may be blocking progress.

Mistakes 1–3

Mistake 1: Squeezing harder every day

More force does not always create better control. Strong gripping can recruit the buttocks, thighs or abdomen and may leave the pelvic floor tired.

Try this instead

Use a gentle inward-and-upward lift. Keep your face, shoulders and legs relaxed. Release completely after every effort.

Mistake 2: Holding your breath

Breath-holding increases downward pressure and makes daily tasks harder to coordinate.

Try this instead

Exhale during effort. Practise breathing normally while you lift, cough, stand and exercise.

Mistake 3: Training only while lying down

Real life happens standing, walking, lifting, laughing and moving.

Try this instead

Begin in an easy position, then progress to sitting, standing and simple functional tasks when comfortable.

Mistakes 4–6

Mistake 4: Never learning to relax

A pelvic floor that cannot let go may contribute to pain, urgency or discomfort.

Try this instead

Pair every lift with a full release. Use slow breathing and never force a contraction through pain.

Mistake 5: Stopping urine flow as regular exercise

Repeatedly interrupting urine flow can disturb normal emptying.

Try this instead

Use that action only as a one-time awareness clue if advised, not as your daily exercise routine.

Mistake 6: Drinking too little water

Extreme restriction may make urine more concentrated and can worsen constipation.

Try this instead

Drink steadily according to your health needs and discuss individual fluid limits with your clinician.

Mistakes 7–8

Mistake 7: Ignoring bowel habits

Straining repeatedly can add pressure to pelvic structures.

Try this instead

Support regular bowel habits with appropriate fluids, fibre, movement and professional advice for persistent constipation.

Mistake 8: Treating every leak the same

Stress leakage, urgency and mixed symptoms may need different strategies.

Try this instead

Track when leakage happens and take the pattern to a qualified clinician or pelvic-health physiotherapist.

Mama Pressure-Lock™ Real-Life Application Guide

Prepare before pressure. Move with more confidence.



The sequence

Breathe → gently lift → meet the movement → release. The activation should be controlled, not a hard full-body brace.

Lifting a baby or bag

1. Bring the load close to your body.
2. Inhale comfortably before the effort.
3. Begin a gentle pelvic-floor lift.
4. Exhale as you stand or lift.
5. Relax after the load is secure.

Coughing or sneezing

1. Prepare as soon as you feel it coming.
2. Use a gentle lift before the cough.
3. Keep breathing instead of clenching everything.
4. Release once the pressure passes.

Standing from a chair

1. Move toward the front edge.
2. Place feet firmly.
3. Exhale and gently activate.
4. Push through the legs.
5. Relax once standing.

Exercise, Worship, Work and Travel

Exercise return

Begin with symptom-free movement. Reduce impact, speed or load when leakage, heaviness or pain appears. Build gradually instead of testing the body with sudden intensity.

Long worship services or events

Use the toilet when genuinely needed, carry discreet supplies if helpful, and avoid dehydration as a fear strategy.

Work and commuting

Plan sensible breaks, observe triggers, and practise pressure management when lifting, climbing stairs or standing for long periods.

Travel

Note toilet access, keep medication and hygiene supplies available, and seek help if symptoms suddenly change.

Your application plan

Choose three activities this week. Write exactly where you will use the Pressure-Lock and what success would look like.

My Pressure-Lock Practice Sheet

Activity	Before	During	After	What I noticed

Reminder: pain, bulging, strong pressure or worsening leakage means pause and seek guidance.

The Woman's Pelvic Health Calendar™

A maintenance system for every season of womanhood.

Pelvic health can change with the menstrual cycle, pregnancy, postpartum recovery, breastfeeding, stress, medication, menopause, illness, surgery and activity levels. A monthly review helps you notice change early.

Monthly check-in

Do not wait for symptoms to become severe before paying attention. Record what is different, what helped and what needs support.

Monthly Pelvic Health Check-In

Area	Improved	Same	Needs attention
Leakage frequency	☐	☐	☐
Urgency	☐	☐	☐
Night-time urination	☐	☐	☐
Heaviness or pressure	☐	☐	☐
Bowel straining	☐	☐	☐
Pelvic discomfort	☐	☐	☐
Intimacy comfort	☐	☐	☐
Core confidence	☐	☐	☐
Exercise confidence	☐	☐	☐
Overall wellbeing	☐	☐	☐

My Twelve-Month Pelvic Health Map

Month	Life event / body change	Main focus	Support needed
Jan			
Feb			
Mar			
Apr			
May			
Jun			
Jul			
Aug			
Sep			
Oct			
Nov			
Dec			

The Postpartum Recovery Timeline Guide™

Gentle progress without comparison or pressure.

Recovery is individual. Birth type, pregnancy symptoms, sleep, feeding choices, support, pain, surgery, complications and previous health all influence the journey. Timelines are guides, not deadlines.

Seek individual clearance

After caesarean birth, significant tearing, complications, pelvic organ prolapse symptoms, infection, severe pain or other concerns, follow your healthcare team's plan rather than a generic schedule.

Early Recovery: Protect and Observe

Priorities

- ☐ Rest and basic recovery
- ☐ Comfortable breathing
- ☐ Short gentle walks when cleared
- ☐ Avoiding repeated straining
- ☐ Observing bladder and bowel function
- ☐ Reporting pain, fever, bleeding or wound concerns

Questions to notice

Can I empty my bladder? Is pain improving? Do I feel a bulge or heavy dragging? Is bleeding becoming heavier? Am I becoming more unwell?

Reconnect Before You Rebuild

The first goal is not an intense workout. It is reconnecting breath, posture, pelvic-floor awareness and daily movement.

1. Practise relaxed breathing without forcing the abdomen inward.
2. Notice whether you can gently lift and fully release.
3. Walk at a comfortable pace.
4. Use pressure management when standing and lifting.
5. Stop if symptoms worsen during or after activity.

Progress sign

You feel more confident during ordinary movement and recover without increased pain, heaviness or leakage.

My Return-to-Exercise Readiness Check

- ☐ Bleeding is not becoming heavier with activity.
- ☐ Pain is controlled and not worsening.
- ☐ Wounds or scars are healing as expected.
- ☐ I can walk comfortably.
- ☐ I can breathe during effort.
- ☐ I can activate and relax gently.
- ☐ I do not experience increasing heaviness or bulging.
- ☐ I know who to contact if symptoms appear.

My first three activities

Activity: _____ Duration: _____ Response: _____

Activity: _____ Duration: _____ Response: _____

Activity: _____ Duration: _____ Response: _____

The Intimacy Reconnection Guide™

When your body has changed but your heart still wants connection.

Intimacy can change after childbirth, during breastfeeding, after surgery, with stress, during perimenopause or after menopause. Pain, dryness, fear, fatigue, body-image changes and relationship tension can all play a role.

Important

Pain is not something you must silently endure. Persistent pain, bleeding, severe dryness, pelvic pressure or fear that prevents intimacy deserves respectful professional support.

Comfort Before Performance

A readiness conversation with yourself

- ☐ Do I feel physically safe?
- ☐ Do I feel emotionally ready?
- ☐ Can I communicate a pause or stop?
- ☐ Is there enough time and privacy?
- ☐ Have pain or dryness concerns been addressed?
- ☐ Am I choosing connection rather than pressure?

Intimacy is broader than penetration. Affection, conversation, touch and shared rest can rebuild trust while your body adapts.

Partner Conversation Guide

Try: “My body has changed, and I am learning what helps me feel comfortable and confident. I need us to move slowly, communicate and stop when something hurts.”

Complete these sentences

What I am experiencing is...

What I need you to understand is...

What helps me feel safe is...

What I am not ready for is...

The support I would value is...

My Reconnection Plan

Area	My current experience	My next gentle step
Body confidence		
Communication		
Comfort		
Desire		
Professional support		

The Pelvic Floor Food & Lifestyle Support Guide™

Support the system around the muscles.

Food cannot “cure” every pelvic-floor symptom, but everyday habits influence bowel regularity, bladder irritation, energy, tissue health, body weight, sleep and recovery. The goal is support, not a punishing diet.

Hydration, Fibre and Toilet Habits

Hydration

Drink steadily according to your needs and medical advice. Extreme fluid restriction can create concentrated urine and may contribute to constipation.

Fibre

Gradually include vegetables, fruits, whole grains, legumes, nuts and seeds where suitable. Sudden large increases may cause bloating, so progress gently.

Toilet habits

- ☐ Respond to a genuine urge without rushing in panic.
- ☐ Avoid long repeated straining.
- ☐ Use a comfortable supported position.
- ☐ Seek help for ongoing constipation, bleeding or pain.

My Bladder and Bowel Pattern Diary

Time	Drink / meal	Urge	Toilet visit	Leak / strain	Notes

The Doctor Visit Preparation Kit™

Turn “something feels wrong” into clear, useful information.

Appointments can feel rushed, especially when the issue is private. Arriving with a short symptom history helps the clinician understand the pattern and choose appropriate assessment or referral.

My One-Page Symptom Summary

Main concern:

When it started:

What triggers it:

How often it happens:

What makes it better:

What makes it worse:

Pregnancy and birth history:

Operations or injuries:

Medicines and health conditions:

How it affects daily life:

Questions to Ask and Signs to Report

Questions

- ☐ What type of pelvic-floor problem might this pattern suggest?
- ☐ Do I need urine testing, examination or referral?
- ☐ Would pelvic-health physiotherapy be suitable?
- ☐ Are any medicines or health conditions contributing?
- ☐ What should improvement look like and when should I return?

Report promptly

Blood in urine, fever, severe pain, inability to urinate, sudden weakness or numbness, loss of bowel control, heavy bleeding, a new large bulge, or rapidly worsening symptoms.

The 30-Day Confidence Challenge™

Small actions that rebuild trust in your body.

This challenge is not a promise of a cure in 30 days. It is a structured way to practise awareness, technique, communication and confidence while tracking how your body responds.

Days 1–15: Awareness to Action

Day 1: Record your starting score.

Day 2: Notice how you breathe when standing.

Day 3: Practise full relaxation.

Day 4: Track one bladder trigger.

Day 5: Choose one hydration improvement.

Day 6: Practise Pressure-Lock before a cough.

Day 7: Take a gentle symptom-free walk.

Day 8: Review constipation habits.

Day 9: Wear something that makes you feel confident.

Day 10: Prepare a healthcare question.

Day 11: Practise lifting with an exhale.

Day 12: Notice tension in shoulders and jaw.

Day 13: Discuss one need with your partner or trusted person.

Day 14: Review your progress without judgement.

Day 15: Choose your focus for the next 15 days.

Days 16–30: Confidence to Consistency

Day 16: Apply Pressure-Lock during a daily task.

Day 17: Complete a short movement session.

Day 18: Track urgency without panic.

Day 19: Practise a full release after each contraction.

Day 20: Prepare for a journey or event.

Day 21: Review food and fibre patterns.

Day 22: Schedule professional support if needed.

Day 23: Repeat your self-assessment.

Day 24: Celebrate one improvement.

Day 25: Identify one mistake you corrected.

Day 26: Plan a realistic weekly routine.

Day 27: Write a supportive message to your body.

Day 28: Choose a maintenance cue.

Day 29: Share one healthy boundary.

Day 30: Complete your 30-day review.

The Pelvic Floor Reset Maintenance Blueprint™

Protect your progress through every life stage.

Maintenance does not mean performing the same routine forever. It means keeping the skills that matter—awareness, relaxation, pressure management, movement, healthy bowel habits and early help-seeking—while adapting to your current season.

My Permanent Pelvic Health Plan

Daily

One body check-in; breathe during effort; avoid unnecessary straining.

Weekly

Two or three suitable movement sessions; review triggers; practise real-life coordination.

Monthly

Complete a brief symptom and confidence check.

During change

Adapt during pregnancy, postpartum, menopause, illness, surgery or increased training.

Professional review

Seek help when symptoms persist, worsen or limit daily life.

My maintenance promise: _____

Resources, Notes and Final Encouragement

Professionals who may help

- ☐ Primary-care doctor or family physician
- ☐ Midwife or obstetric clinician
- ☐ Gynaecologist or urogynaecologist
- ☐ Pelvic-health physiotherapist
- ☐ Continence nurse or specialist
- ☐ Menopause clinician
- ☐ Sexual-health or relationship professional

Final encouragement

You are not broken, and you do not have to measure progress only by perfection. Better understanding, fewer disruptions, improved comfort, stronger confidence and timely professional care are meaningful wins. Keep using the tools that fit your body and your life.

Health disclaimer

This toolkit is educational. It is not a substitute for diagnosis, treatment, emergency care or personalised exercise prescription. Always consult an appropriately qualified healthcare professional for symptoms or concerns.