

Phase 3 Checkpoint Review



EMPOWER
your.flower

Phase Start Date: _____

Checkpoint Date: _____

Pelvic Floor Module

Success

Strength: Success is achieved when you can hold your pelvic floor contraction for 10 calming breath cycles (inhaling for 4, exhaling for 8). You should be able to maintain the contraction with some lift, while breathing with your body relaxed.

Yes

No

Relaxation: Success is achieved when you can relax your pelvic floor fully in all the positions specified and no longer feel the symptoms of hypertonicity. Note: Reverse Kegels can help to release pelvic tension, however, you will continue to practice the reverse Kegels module through the entire program and so you should not achieve success with the pelvic floor relaxation at this phase should not prevent you from proceeding to the next phase.

Yes

No

Breathing Module - Breath Remapping

Success

Success is achieved when you can easily perform the exercise while maintaining good core stability.

Yes

No

Movement Module - Core Retensinging Sequence

Success

Success with this module is achieved when you can activate your glutes and core and have increased your ability to tolerate load through these muscle tissues.

Yes

No

Relaxation Module - Yin Yoga Backward Bending Sequence

Success

As with phase 2, success is achieved when you can relax into your own body's pattern of tension, meeting the very edge of your discomfort without moving into pain.

Yes

No

Mind & Meditation Module - ANT Therapy

Success

Success is achieved when you are feeling happier because you are automatically boarding positive thought trains instead of continuing to travel through old patterns of negative thinking. Extra success if you have managed to change your mind regarding the taboo surrounding Pelvic Floor Dysfunction.

Yes

No

Phase 3 Checkpoint Review

Success

Have you achieved the success objectives and do you feel that you are ready to proceed to the next phase of training?

Yes

No

If no, please continue at the with the phase 3 training until you are ready to proceed or regress to the phase 2 training if this phase felt too difficult.

If yes, proceed to Phase 4 of training. Remember, you can regress to the phase 3 training if you find the phase 4 to be too difficult. Listen to your body and good luck!