

DIASTASIS RECTI TRACKER

CHECK YOUR DIASTASIS BEFORE STARTING A WORKOUT PROGRAM

2-3 WEEKS POSTPARTUM (START OF WORKOUT PROGRAM)

	WIDTH IN FINGERS	SOFT OR FIRM	Increased firmness with exhale? Y/N
½ way between breast bone and bellybutton			
Right above belly button			
½ way between bellybutton and pubic bone			

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6-8 WEEKS POSTPARTUM (START OF WORKOUT PROGRAM)

	WIDTH IN FINGERS	SOFT OR FIRM	Increased firmness with exhale? Y/N
½ way between breast bone and bellybutton			
Right above belly button			
½ way between bellybutton and pubic bone			

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POSTPARTUM (START OF WORKOUT PROGRAM)

	WIDTH IN FINGERS	SOFT OR FIRM	Increased firmness with exhale? Y/N
½ way between breast bone and bellybutton			
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POSTPARTUM (START OF WORKOUT PROGRAM)

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