# Samokontrola RMPB

| LP | Data | Subiektywna ocena siły mięśni (skala: 0-5) | | | | Waga | | Obwód brzucha (w najszerszym miejscu) | | DZIENNIK ĆWICZEŃ | | | | | | Rozejście mięśnia prostego brzucha | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | m. poprzeczny brzucha | m. dna miednicy | mm skośne brzucha | m. prosty brzucha | rano | wieczór | rano | wieczór | Ile ćwiczeń zostało wykonanych | Ile razy/ minut dziennie | Stopień zmęczenia (0-10) | Problemy z ćwiczeniem | Prawidłowe nawyki (tak/nie) | UWAGI I OBSERWACJE | Ilość palców (test sprawdzający) - raz na 2-3 tygodnie! | Stan kresy (osłabiona/ zauważalna poprawa/silna) |
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