

**Phase One:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			

**Phase Two:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			

**Phase Three:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			

**Phase Four:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			

**Phase Five:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			

**Phase Six:**

Diastasis Tracking	Width	Depth	Soft or Firm on Exhale
Upper			
Middle			
Lower			