



The 4-Week Reseal Tracker

Learn the movement. Seated or lying down.

DAY	AM	PM	BRACE	LEAKS	NOTES
Mon	☐	☐	Y/N	—	
Tue	☐	☐	Y/N	—	
Wed	☐	☐	Y/N	—	
Thu	☐	☐	Y/N	—	
Fri	☐	☐	Y/N	—	
Sat	☐	☐	Y/N	—	
Sun	☐	☐	Y/N	—	

End-of-week check-in:

- Were leak moments more or less frequent than last week?
- Did I successfully brace before any trigger moment?
- What made consistency easier or harder this week?



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Hold each Slow Hold a little longer. Try one session standing.

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Mon	☐	☐	Y/N	—	
Tue	☐	☐	Y/N	—	
Wed	☐	☐	Y/N	—	
Thu	☐	☐	Y/N	—	
Fri	☐	☐	Y/N	—	
Sat	☐	☐	Y/N	—	
Sun	☐	☐	Y/N	—	

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Same routine — start practising Brace Before You Move on purpose.

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Wed	☐	☐	Y/N	—	
Thu	☐	☐	Y/N	—	
Fri	☐	☐	Y/N	—	
Sat	☐	☐	Y/N	—	
Sun	☐	☐	Y/N	—	

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Same routine — let bracing become automatic in daily life.

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Thu	☐	☐	Y/N	—	
Fri	☐	☐	Y/N	—	
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*Part of **The Reseal Method™** by James E.*