My body map:

Use the body map to write down
the things that help manage your symptoms

Goal 1:

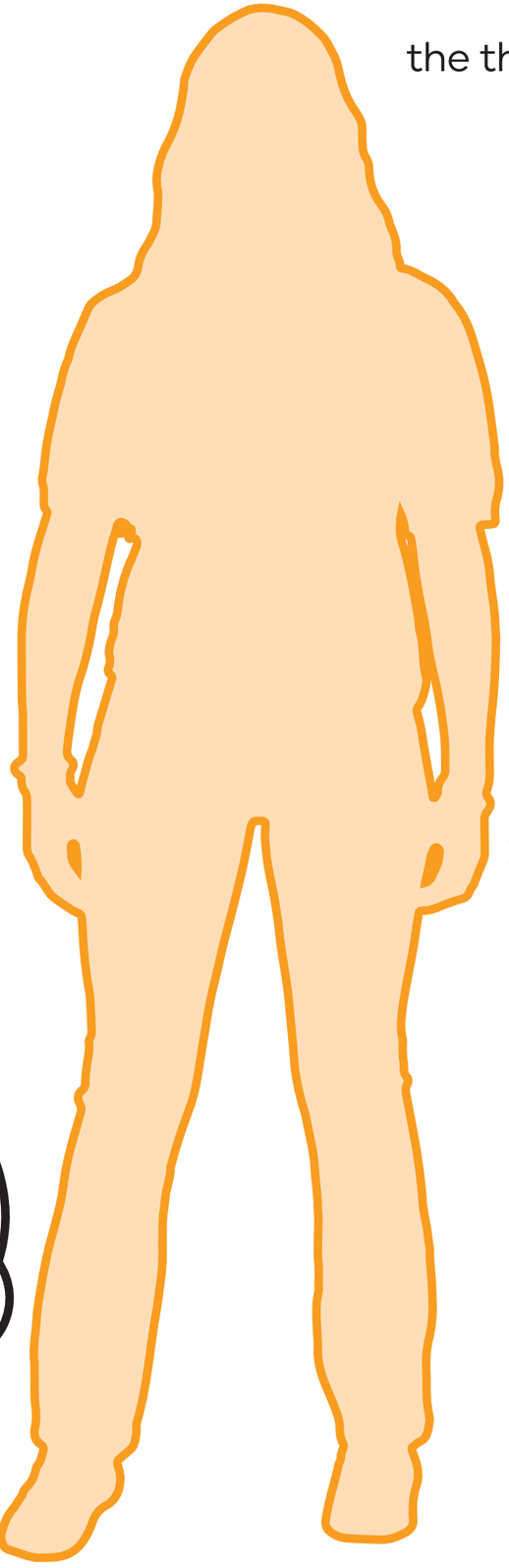
Goal 2:

Goal 3:

Nerves:

Bladder:

Muscles:



Brain and mental health:

Bowels:

Uterus and ovaries:

Kids and Teens Pelvic Pain Clinical Network

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