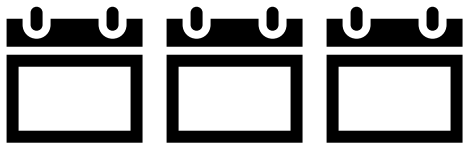


We want to support your successful regular use of the Milli® Expanding Vaginal Dilator with vibration. This worksheet is designed to help you set goals and logistical plans.

Did you know you are 10x more likely to succeed with written goals and a plan?

LET'S GET STARTED

Which days of the week are you most likely to be uninterrupted?



What time of day is most convenient?



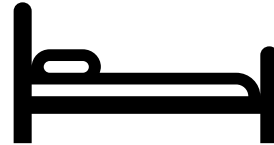
How much time do you want to dilate?



Do you plan to use Milli vibration (low or high)?



Where do you intend to dilate?



What do you need to be comfortable, pillows, sound, fragrance?



Where will you store your Milli dilator?



Where will you recharge your Milli dilator?



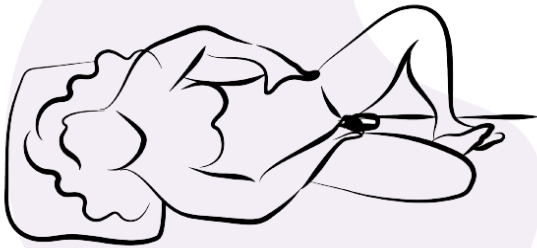
Consider These Positions



You may find it helpful to rest your Milli on a small pillow during your dilation session



Lying fully reclined with knees apart



Resting comfortably in a side-lying position



Semi-upright with feet together and knees apart—Consider using pillows for support

For additional helpful suggestions, please visit: hellomilli.com/getstarted



Before using your Milli Expanding Vaginal Dilator with vibration, please refer to the instructions for use, indications, contraindications, warnings, and precautions at hellomilli.com/safety.MKT3482.A