

POSTPARTUM RECOVERY JOURNAL

Date:

Days Post-Delivery:

Overall Energy (1-10):

SYMPTOM CATEGORY	MORNING	AFTERNOON	EVENING
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Pain /
Discomfort

Lochia
(Bleeding)

Mood /
Emotions

Breast /
Nursing

Hydration /
Food

Sleep Quality

Medications / Vitamins:

Self-Care Small Win:

General Observations & Questions for Provider:

Note: This log is for personal tracking. Contact your healthcare provider immediately for heavy bleeding, fever, or severe mood changes.