

POSTPARTUM RECOVERY TRACKER

TIMELINE	RECOVERY MILESTONES	COMMON SYMPTOMS
Days 1 - 3	Colostrum production	Heavy bleeding (Lochia rubra)
	Uterine involution begins	Afterpains (cramping)
	Walking short distances	Perineal swelling/soreness
Week 1 - 2	Milk supply established	Night sweats
	Incision healing (C-section)	"Baby Blues" peaks
	Hormone shift stabilization	Pinkish/brown discharge
Week 4 - 6	Uterus returns to normal size	Fatigue / Sleep deprivation
	Bleeding mostly tapered	Itching at incision/tear sites
	Final postpartum checkup	Light spotting
Months 3 - 6	Core strength returning	Postpartum hair loss
	Regular exercise resumed	Joint/Back sensitivity
	Hair regrowth starts	Thyroid/Hormone fluctuations

Note: This is a general guide. Always consult with your healthcare provider for medical concerns.