

POSTPARTUM RECOVERY LOG

Symptom Frequency & Intensity Tracker

Week/Date: _____ Patient Name: _____

SYMPTOM	NONE	MILD	SEVERE	NOTES / OBSERVATIONS
Lochia (Bleeding)				
Uterine Cramping				
Incision/Perineal Pain				
Breast/Nipple Tenderness				
Mood / Anxiety Levels				
Fatigue / Sleep Quality				
Urinary Frequency/Pain				

Red Flags: Contact your provider immediately for fever >100.4F, heavy bleeding (soaking a pad in 1 hour), severe headache, or calf pain.