

POSTPARTUM SYMPTOM TRACKER

Week Beginning: _____

SYMPTOM	INTENSITY (1-5)	MANAGEMENT / NOTES
Perineal/Incision Pain		
Lochia (Bleeding)		
Breast Comfort		
Mood / Anxiety		
Fatigue Level		
Sleep Quality		
Daily Reflection & Observations		

Contact provider immediately if: Fever >100.4F, heavy bleeding (soaking pad/hr), severe headache, vision changes, or shortness of breath.