

POSTNATAL SYMPTOM TRACKER

Week: _____

Patient Name: _____

Date of Delivery: _____

**SYMPTOM
CATEGORY**

MON

TUE

WED

THU

FRI

SAT

SUN

Pain Level (1-10)

Incision or Pelvic

Lochia (Bleeding)

Color / Amount

Temperature

F / C

Mood / Anxiety

Scale 1-5

Hydration / Nutrition

Check mark

Bowel/Bladder

Normal Y/N

Seek Immediate Medical Attention If:

- Heavy bleeding (soaking a pad/hour)
- Fever over 100.4F (38C)
- Severe headache or vision changes
- Shortness of breath / Chest pain
- Thoughts of harming self or baby

- Red, painful, or swollen leg

This chart is for personal monitoring only. Always consult your healthcare provider for medical advice.