

POSTPARTUM RECOVERY TRACKER

Weekly Symptom Monitoring & Wellness Log

Date: _____ Week Post-Delivery: _____

SYMPTOM CATEGORY	PRESENT	SEVERITY (1-5)	NOTES / FREQUENCY
Lochia (Bleeding)		<input type="text" value="1"/>	Color: <input type="checkbox"/> Red <input type="checkbox"/> Pink <input type="checkbox"/> White
		<input type="text" value="2"/>	
		<input type="text" value="3"/>	
		<input type="text" value="4"/>	
		<input type="text" value="5"/>	
Incision / Perineal Pain		<input type="text" value="1"/>	Swelling, redness, or bruising
		<input type="text" value="2"/>	
		<input type="text" value="3"/>	
		<input type="text" value="4"/>	
		<input type="text" value="5"/>	

**SYMPTOM
CATEGORY**

PRESENT

**SEVERITY (1-
5)**

NOTES / FREQUENCY

**Uterine
Cramping**

1

Afterpains (especially during nursing)

2

3

4

5

**Breast
Tenderness**

1

Engorgement, lumps, or nipple health

2

3

4

5

Mood / Anxiety

1

Baby blues, irritability, or sadness

2

3

4

5

**SYMPTOM
CATEGORY**

PRESENT

**SEVERITY (1-
5)**

NOTES / FREQUENCY

Fatigue Level

1

Ability to rest between
caregiving

2

3

4

5

ADDITIONAL OBSERVATIONS

Contact your provider immediately if you experience: Heavy bleeding (soaking a pad in 1hr), fever over 100.4F, severe headache, vision changes, or difficulty breathing.