

# POSTPARTUM RECOVERY LOG

Tracking physical and emotional wellbeing in the fourth trimester.

Date:

Days Postpartum:

Sleep (Hours):

<b>SYMPTOM / FOCUS AREA</b>	<b>INTENSITY (LOW 1-5 HIGH)</b>	<b>OBSERVATIONS &amp; NOTES</b>
<b>Pain / Discomfort</b>		
<b>Energy Levels</b>		
<b>Mood / Anxiety</b>		
<b>Lochia (Bleeding)</b>		
<b>Appetite / Hydration</b>		
<b>Physical Mobility</b>		

## **RED FLAGS: Contact your provider immediately if:**

Heavy bleeding (soaking a pad/hour), Fever over 100.4F, Severe headache or vision changes, Extreme leg swelling/pain, Difficulty breathing, or thoughts of harming yourself or others.

Personal tracking only. Not a substitute for professional medical advice.