

Day 1

In the bed. Rest is the work.

Date_____

Physical Healing

Overall Pain Level Today

1 2 3 4 5 6 7 8 9 10

Lochia (postpartum bleeding)

☐ Heavy ☐ Moderate ☐ Light ☐ Spotting ☐ None

Color_____

Lochia may change: Red → Pink/Brown → Yellow/White

Incision care

Follow your provider's incision-care instructions. Contact your provider if you notice signs of infection.

Physical notes:

- ☐ Clean and dry
- ☐ Mild redness
- ☐ Increasing redness or swelling
- ☐ Discharge or odor
- ☐ Pain at site

Emotional Well-Being

Circle what fits today - more than one is always okay

Grateful Hopeful Calm Connected Proud Loved Lonely Anxious
Numb Overwhelmed Sad Frustrated Exhausted Uncertain Irritable Tearful

How I'm feeling today:

What moments were hardest today:

Tomorrow I want to:

Pause Here - Close your eyes. Take 5 deep, intentional breaths from your stomach.

You are healing. You are enough.

Nourish yourself today with something real. You're healing, and food is part of that.

Hydration - drink regularly throughout the day

1 2 3 4 5 6 7 8 9 10