Postpartum recovery log (first 14 days)

The first two weeks postpartum are intense and blurry. *Tracking the basics helps you and your provider notice patterns.*

DAILY LOG

DAY	SLEEP (TOTAL HRS)	BLEEDING (LIGHT/MOD/HEAVY)	MOOD (0-10)	PAIN (0-10)	EATING?	NOTES

CALL THE OB IF

- [ ] Bleeding heavier than 1 pad per hour for 2+ hours
- [ ] Passing clots larger than a golf ball
- [ ] Foul-smelling discharge
- [ ] Fever 100.4°F or higher
- [ ] Severe headache or vision changes
- [ ] Calf swelling, warmth, or pain (possible blood clot)
- [ ] Mood: thoughts of harming yourself or the baby — call immediately

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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