

Daily Recovery Tracker + Routine Builder

A simple daily companion to help you stay consistent during recovery

How to Use This Guide

Use this printable tool each day to keep your recovery simple, structured, and easy to follow. You do not need to do everything perfectly. The goal is to stay consistent, reduce overwhelm, and build momentum one day at a time.

1. Daily Recovery Tracker

Daily Checkpoint	Complete
Hydration (8+ glasses of water)	☐
Short walk completed	☐
Pelvic floor exercises	☐
Rest / recovery break	☐
Pain or discomfort check	☐
Energy level check	☐
Mood check-in	☐

2. Morning Reset Routine

- ☐ Wake and sit up slowly
- ☐ Drink a full glass of water
- ☐ Gentle movement or short walk
- ☐ Deep breathing (3–5 slow breaths)
- ☐ Set one simple goal for today

3. Evening Wind-Down Routine

- ☐ Gentle stretch or slow walk

- ☐ Reduce screen time / stimulation
- ☐ Note one small win from today
- ☐ Prepare tomorrow's first step
- ☐ Wind down and rest

4. Daily Progress Log

Use one line each day. Keep it simple.

Day	What improved?	What felt off?	What to repeat tomorrow?
1			
2			
3			
4			
5			
6			
7			

Remember

You do not need to do everything at once. Focus on the next step, stay consistent, and let progress build one day at a time.