

How to use the

What WayD Says

7-Day Postpartum Mental & Physical Health Tracker

Week

The **7-Day Postpartum Mental and Physical Health Tracker** is designed to keep track of a new mother's mental and physical health during the postpartum confinement period and beyond. Depending on cultural, societal and personal preferences, each person may opt to use the tracker for as long as they deem fit and necessary. **Simply circle the relevant week** to keep a track of your completed trackers.

Activity Level

Bearing in mind that you have just birthed a baby, try to keep your activity level balanced. Keeping yourself reasonably active is a key to maintaining mental health. Try stretches, walking, swimming, light aerobics and simple, low impact workouts. Use the key on the right to complete your daily activity chart.

	Activity Key
1	Little or no activity
2	Low to moderate
3	Moderate activity
4	Moderate to high
5	High level of activity

Hydrate!

Hydration is always important. Keep a track of your water intake by shading in a water droplet for each glass of water you drink per day.

Sleep tracker

Sleep deprivation is one of the most common causes of low mood and postnatal depression. Keep a track of your sleep hours by circling the relevant number of sleep hours each day. In this way you will be able to keep a track of your sleep hours and ask for help when you need it.

Notes

A little space to make notes and keep organised.

