

Self-Care Activity Tracker

Evidence indicates that structured and intentional self-care practices during pregnancy and the postpartum period are associated with improved physical recovery, enhanced emotional well-being, and increased confidence in managing health needs (Nguyen et al., 2023). Engaging in consistent, goal-oriented self-care can also strengthen coping skills and promote a greater sense of control during this period of transition. This tracker is designed to help you intentionally prioritize your needs, reflect on what strategies are most effective, and remain actively engaged in your own recovery and well-being.

Tips for Using This Tracker

Activities are meant to be flexible.

This tracker is a guide, not a checklist for perfection. Choose activities that realistically fit your current schedule, energy level, and stage of recovery. Some days may allow for more engagement, while others may require focusing only on rest.

Include both practical and emotional self-care.

Effective self-care includes tending to your physical needs, such as meals, hydration, rest, and gentle movement, as well as your emotional and mental well-being. Consider incorporating reflective practices like journaling, mindfulness, prayer, or simply quiet time.

Use the Reflection & Notes column intentionally.

Take a moment at the end of the day to briefly note what felt helpful, what felt difficult, and any patterns you notice. Over time, this reflection can help you identify triggers, recognize progress, and determine when additional support may be needed. Tracking your experiences can also make conversations with healthcare providers more specific and productive.

Day	Focus Area	Suggested Activity	Completed	Reflection / Notes
Mon	Rest & Recovery	Schedule a 20–30 minute rest or quiet time		
Tue	Nutrition & Hydration	Prepare or enjoy a balanced meal and hydrate mindfully		
Wed	Movement & Body	Gentle stretching, yoga, or short walk		
Thu	Connection	Reach out to a friend, family member, or support group		

Fri	Mental & Emotional Health	Journaling, meditation, or mindfulness practice		
Sat	Self-Determined Care	Choose one self-care activity that feels restorative		
Sun	Reflection & Planning	Reflect on the week: What felt good? What needs support?		

References: Nguyen et al., 2023

