

My Daily Recovery Diary

		Day of Surgery	Post-Op Day 1	Post-Op Day 2
<div style="border: 1px solid #ccc; border-radius: 15px; padding: 5px; display: inline-block;"> <i>Today, my goal is:</i> </div>				
Daily Weight	<i>Checked at 6am</i>			
Meals <i>Have small meals throughout the day.</i>	<i>Meal 1</i>			
	<i>Meal 2</i>			
	<i>Meal 3</i>			
	<i>Meal 4</i>			
	<i>Meal 5</i>			
	<i>Meal 6</i>			
Activity	<i>Walk 1</i>	Time:		
		Steps:		
	<i>Walk 2</i>	Time:		
		Steps:		
	<i>Walk 3</i>	Time:		
		Steps:		
	<i>Walk 4</i>	Time:		
Steps:				
<i>Walk 5</i>	Time:			
	Steps:			
<i>Walk 6</i>	Time:			
	Steps:			
<i>BONUS</i>	Time:			
	Steps:			

If you have an ostomy, refer to the Appendix for additional information.