

Postpartum Slimdown Checklist

Your Daily Guide to Healthy Recovery & Weight Loss

Important: Always consult with your healthcare provider before starting any postpartum exercise or weight loss program.

This checklist is designed for mothers who have been cleared for exercise (typically 6-8 weeks postpartum for vaginal births and 8-12 weeks for C-sections).

Remember: Healthy, sustainable postpartum weight loss is a gradual process. Be gentle with yourself!

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Week 1-4

Week 5-8

Week 9-12

Week 13+

Daily Self-Care Essentials

- ☐ Get at least 7-8 hours of sleep (even if interrupted)
Try to sleep when baby sleeps, and accept help from others
- ☐ Take your postnatal vitamins
Especially important if breastfeeding
- ☐ Sit in sunlight for 10-15 minutes
Vitamin D production and mood boost
- ☐ 5-minute mindfulness practice
Deep breathing, meditation, or simply being present
- ☐ Check in with your emotions
Acknowledge your feelings without judgment
- ☐ Wear your postpartum support band (if recommended)
Helps with diastasis recti and core support

Hydration Tracker

Aim for 8-10 glasses (64-80 oz) daily, more if breastfeeding. Each drop equals 8 oz.

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Proper hydration is essential for milk production, metabolism, and recovery.

Daily Movement Goals

Start slowly and listen to your body. If you experience pain, bleeding, or discomfort, stop and consult your healthcare provider.

- ☐ 10-15 minutes of gentle walking
Even around the house or neighborhood is beneficial
- ☐ 5 minutes of pelvic floor exercises (3x daily)
Kegels and gentle pelvic tilts
- ☐ Gentle postpartum-approved stretching
Focus on shoulders, neck, and lower back
- ☐ Deep breathing with core engagement (5 minutes)
Breathe in through nose, exhale through mouth while gently engaging core

Weekly Exercise Log

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Nourishment Plan

Focus on nutrient-dense foods that support healing, energy, and milk production (if breastfeeding).

Breakfast

Snack 1

Lunch

Snack 2

Dinner

Evening

Postpartum Nutrition Tips:

- Avoid crash dieting - aim for 300-500 calorie deficit maximum
- Include protein with every meal for tissue repair and satiety
- Focus on good fats (avocado, nuts, olive oil) for hormonal balance
- If breastfeeding, you need an extra 300-500 calories daily
- Eat regularly to maintain energy and milk supply

Mindset & Emotional Wellbeing

"Be as kind to your body as you are to your new baby. You both are growing and healing."

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Say one positive affirmation about your body

Example: "My body did something amazing and is healing beautifully"

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Notice one non-scale victory today

More energy, clothes fitting differently, feeling stronger, etc.

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Take a 5-minute break just for yourself

Even a short moment of self-care counts

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Connect with another adult (friend, partner, family)

Social connection is vital for mental health

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Check in for postpartum mood concerns

Be aware of signs of postpartum depression or anxiety

If you experience persistent sadness, anxiety, or thoughts of harming yourself or your baby, please contact your healthcare provider immediately or call the Maternal Mental Health Hotline: 1-833-943-5746.

Weekly Planning & Reflection

This Week's Goals

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Weekly Reflection