VISION FOR MY FOURTH TRIMESTER

Use this space to reflect on how you want to feel, your priorities, and what success looks like to you during this healing time.

My intentions for my recovery and bonding:

What I look forward to most:

MY CORE SUPPORT NETWORK

List your key contacts so you or your partner can reach out for professional or personal support quickly.

Partner / Primary Support

Pediatrician / Doctor

Postpartum Doula / Midwife

Pelvic Floor Therapist

Lactation Consultant

Helpful Friend / Neighbor

Dr. Daniella
ND, CCCE
Director of MotherWell Academy

REST & SLEEP STRATEGY

Sleep is fundamental to healing. Write down how you will protect your sleep blocks and manage nighttime expectations.

Who will handle the baby between 8 PM – Midnight?

Who will handle the baby between Midnight – 4 AM?

My plan for getting a 4-hour uninterrupted block of rest each day:

NOURISHMENT & NUTRITION

Focus on nutrient-dense foods that promote tissue repair, steady energy levels, and milk supply (if applicable).

Warm, Restorative Meals I Enjoy:

Hydration & High-Protein Snacks:

Who is responsible for groceries and meal prep?

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HOUSEHOLD & CARE LOGISTICS

Clarify expectations early on so your home environment supports your recovery rather than creating extra stress.

Household Chore Division:

Sibling or Pet Care Plan:

DAILY MENTAL & PHYSICAL WELLNESS CHECK-IN

Take 5 minutes every evening to self-assess your wellness and identify what adjustments are needed for the next day.

Physical Comfort (1-10)

Mental/Emotional State

Key Needs or Support Today

One thing that brought me joy or relief today:

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