



Diary

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Helping you to recover,
one step at a time.



Recover well

Seven Days

If you notice a continual downwards trend in how you feel or your activity levels please speak to your GP, surgeon or nurse.



You can use this diary to track your progress as you recover from your operation. It is for your own use and you don't need to show anyone if you don't want to.

It's a great way to help you to monitor your progress and achievements, and it can be motivational to look back on to see how far you've come.

It's normal to expect some ups and downs, so be prepared for some temporary set-backs. As long as you're going in the right direction that's all that matters.

HERE YOU CAN RECORD:

- **Details of any activity** (walking etc) and the number of recovery exercises you do each day
- **Small goals** you might set for the following day
- **How you feel** at different points of the day; including fatigue and general wellbeing
- **Any other notes** about your general wellbeing and recovery that are helpful

Keep a pen and your diary close by so you can add to it throughout the day.

Weekly Diary

How I feel in general THIS week compared to LAST week?
Each day make a note of the following:

TIREDNESS SCALE

Rate yourself on a scale of 1-10 which relates to how tired you feel.
(1 = Energetic 10 = Extreme tiredness)

PAIN SCALE

Rate yourself on a scale of 1-10 which relates to how much pain you have.
(1 = No Pain 10 = Extreme Pain)

RECOVERY EXERCISES

Choose up to **4 moves each day** from Green Phase 1 (and then Blue Phase 2 as you progress) and try to do them **twice per day**. Choose different moves each day and make a note in the chart.

Check out the example on the right

Days since surgery/date	Daily Walking/Activity	Recovery Movements	Tiredness	Pain	How I Feel	Tomorrows Goal	
10 days 08/01/17	Walked for 10 minutes, felt tired but pleased I did it.	1 Core Connect 2 Pelvic Tilt 3 Knee Rolls 4 Seated Knee Lifts	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	4/10	5/10	☺ ✓ ☺ ☹ ☹	To Walk 12 minutes
		1 2 3 4			☺ ☺ ☹ ☹		
		1 2 3 4			☺ ☺ ☹ ☹		
		1 2 3 4			☺ ☺ ☹ ☹		
		1 2 3 4			☺ ☺ ☹ ☹		
		1 2 3 4			☺ ☺ ☹ ☹		

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		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	
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		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	
		1 2 3 4			😊 😊 😊 😊	



We're here to help you

Reach out whenever you need insights, ideas or just someone to listen.

For more information visit www.convatec.co.uk/meplus

Or call **0800 467 866**

Freephone Nurse Advisor Line: **0800 085 2516**

Our friendly Stoma Care Nurse Advisor is just a phone call away



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