Start Your Recovery Right Away

Day of Surgery (0)

☐ Out of bed
☐ Sitting in chair for _____ hrs
☐ Walked in hallway

Day 1

☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps

Day 2

☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps

Day 3

☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps
☐ Out of bed x2 Hours
☐ Walked hallway 2 laps