

Postpartum Body Reset Checklist

A gentle, step-by-step guide to rebuild strength, energy, and confidence after childbirth.

• Rest & Recovery (Weeks 0–6)

- ☐ Prioritize sleep (naps count) and ask for help.
- ☐ Hydrate: warm water, herbal teas, nourishing soups.
- ☐ Eat soft, simple meals (khichdi/oatmeal/lentil soup).
- ☐ Gentle walking if cleared; avoid strain after C-section.

• Core & Pelvic Floor (Weeks 6–12, when cleared)

- ☐ Diaphragmatic breathing to reconnect the core.
- ☐ Pelvic floor (Kegels): short holds + relaxed breaths.
- ☐ Cat–cow, bridges, pelvic tilts; avoid crunches/heavy lifts.
- ☐ Watch for diastasis recti bulging; progress slowly.

• Strength Foundation (Months 3–6)

- ☐ Bodyweight: squats, wall push-ups, heel slides, modified planks.
- ☐ Add light bands/dumbbells 2–3x/week (full-body).
- ☐ Posture resets (doorway stretch, rows) for feeding posture.
- ☐ Track wins: more reps, better form, less back ache.

• Cardio & Stamina (Month 4 onward)

- ☐ Low-impact cardio: brisk walk, cycle, swim; build to 30 min most days.
- ☐ Introduce intervals/HIIT only after pelvic floor is strong.
- ☐ Short 10–15 min walks after meals support glucose control.

• Nutrition Essentials

- ☐ Protein at each meal (paneer/eggs/Greek yogurt/daal/fish).
- ☐ Good fats (ghee, nuts, seeds, avocado) + fiber (veg, fruit, whole grains).
- ☐ Iron & calcium foods (ragi, sesame, greens, dates). Hydrate 8–10 glasses/day.
- ☐ Avoid crash diets; protect energy and (if nursing) milk supply.

• Mind–Body & Support

- ☐ Yoga, pranayama, journaling, sunlight; brief mindful breaks.
- ☐ Talk to your tribe; seek help for blues/anxiety.
- ☐ Optional: warm oil massage (abhyanga) for relaxation and recovery.

• Patience & Consistency

- ☐ It took 9 months to grow a baby—allow 9–12 months to fully restore.
- ☐ Celebrate non-scale victories: sleep, stamina, mood, strength.

Always follow your clinician's clearance—especially after C-section or complications.