

# water habit tracker

**START DATE:**

**THE GOAL:** \_\_\_\_\_

\_\_\_\_\_

**MY WHY:** \_\_\_\_\_

\_\_\_\_\_

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**MY REWARD:** \_\_\_\_\_

\_\_\_\_\_

# HOSPITAL BAG

## Checklist

### LABOR

- PHOTO ID + INSURANCE
- HAIR TIES OR HEADBANDS
- DARK NON-SKID SOCKS (3 PAIRS)
- CHAPSTICK
- GLASSES AND/OR CONTACT LENSES + CASE + SOLUTION
- PHONE + CHARGER
- RELAXATION TOOLS (MASSAGE OIL, DIFFUSER, ETC...)
- BIG WATER BOTTLE WITH STRAW
- HONEY STICKS + OTHER NUTRITIOUS SNACKS
- COCONUT WATER OR BONE BROTH ( GREAT FOR HYDRATION & ENERGY)

### POSTPARTUM

- DARK COMFY FRONT-OPENING ROBE
- DARK COMFY PANTS WITH ELASTIC WAIST (3 PAIRS)
- CLEAN SOCKS + PAIR OF SLIPPERS
- SELF-CARE TOILETRIES (TOOTHBRUSH/PASTE, FACEWASH, SHAMPOO, CONDITIONER, DEODORANT, MOISTURIZER, ETC...)
- NURSING BRAS (2-3 PAIRS) + PADS
- MATERNITY PADS + LARGE PERIOD UNDERWEAR
- GOING HOME OUTFIT
- RASPBERRY LEAF TEA (GREAT FOR TONING UTERUS, DECREASING BLEEDING, & SUPPORTS BREAST MILK PRODUCTION)

