

Daily Recovery Checklist

Small daily wins add up. Use this gentle checklist each day.

Morning

Wake at a steady time. Take medications as prescribed. Eat a nourishing breakfast and hydrate.

Movement

Do your prescribed exercises or stretches. Move gently and rest when needed.

Communication

Practice speech or language exercises. Connect with someone you care about.

Mind & Mood

Note one thing you're grateful for. Celebrate one small win from today.

Evening

Reflect on progress, not perfection. Prepare for tomorrow and get good rest.