

Daily Stroke Recovery Check-In

This worksheet helps stroke survivors track daily symptoms, mood, mobility, and overall progress. It provides space to reflect on accomplishments, challenges, and notes for caregivers or medical providers. Use this sheet to monitor recovery patterns and support communication with your care team.

Date: _____

Physical Status:

☐ Strong ☐ Stable ☐ Tired ☐ Weak ☐ Unsteady

Pain Level (0–10): _____

Mobility Today:

☐ Walking normally ☐ Some difficulty ☐ Significant difficulty ☐ Unable today

Mood Check-In:

☐ Calm ☐ Hopeful ☐ Anxious ☐ Down ☐ Frustrated

Speech / Communication:

☐ Clear ☐ Mild difficulty ☐ Moderate difficulty ☐ Hard to communicate

What I accomplished today:

What challenged me today:

One thing I'm proud of:

Notes for caregiver / doctor:
