

YOUR FREE READER'S COMPANION

The Recovery Companion

A companion to Health Aftermath · by Travis Linden

Thanks for picking up the book. This is the printable companion for the messy in-between after a health scare — a milestone tracker, a medication and appointment log, a question list for your care team, and a few reflection pages. Print it, keep it by the bed.

The hospital tells you what happened. Almost no one tells you how to live in the weeks after. This is for those weeks — the ones that don't make the discharge papers. — Travis

Note: this is a companion and one person's experience, not medical advice. Always follow your own care team's instructions.

Recovery Milestone Tracker

Recovery isn't a straight line. Tracking the small wins keeps you honest on the days it doesn't feel like progress.

Milestone	Target / notes	Date reached
First full night's sleep	_____	_____
First walk (around the block?)	_____	_____
First meal that felt normal	_____	_____
Off a medication / dose reduced	_____	_____
First day I felt "like me" for an hour	_____	_____
First time I laughed without thinking about it	_____	_____

Look back at this page on a bad day. You've come further than the bad day is telling you.

Medication & Appointment Log

Medication	Dose	When	Notes / side effects
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Appointment	Who / where	Date	What I need to ask
_____	_____	_____	_____
_____	_____	_____	_____

Questions for Your Care Team

You're allowed to ask. Bring this; write the answers in the room.

- What exactly happened, in plain words I'll remember?
- What are the warning signs that mean I should call you — or call 911?
- What can I do, and what should I NOT do yet (lifting, driving, work, stairs)?
- What's normal to feel right now, physically and emotionally?
- When will I start feeling more like myself — and what's realistic?
- What's the plan and the next checkpoint?
- Who do I call between appointments?

Reflection Pages (a few minutes, when you're ready)

A health scare changes how you see things. Don't waste the clarity.

- Something I'm not going to take for granted anymore: _____
 - Something I want to spend less of my time on: _____
 - Someone I want to call or thank: _____
 - One small thing that would make tomorrow a little better: _____
 - What this scare is trying to teach me (if anything): _____
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That's the companion. The most useful page is the milestone tracker — fill it in even when progress feels invisible, because on the hard days it's proof you're moving forward. When this book has helped you feel a little steadier in the aftermath, I'd be grateful to hear about it, and in a couple of emails I'll share how a quiet word from you helps it reach the next person figuring out the weeks after.

One day at a time,

Travis Linden