



PERIOPERATIVE TELEHEALTH EVALUATIONS

Perioperative Telehealth Evaluations™ ACTIVITY & SURGICAL RECOVERY JOURNAL

Use this journal to track daily activity and recovery trends alongside your Fitbit® device. Always follow your surgeon's activity instructions.

Patient Information

Patient Name: _____

Procedure: _____

Surgery Date: _____

Date	Steps/ Activity	Resting HR	Sleep (hrs)	Notes

Focus on trends over time rather than single-day numbers.

Disclaimer: This journal supports general wellness only and does not replace medical advice.

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