The Postpartum Weight Loss Order Checklist

Know what to add this week, in the order the body is ready for it, before any food change at all.

Weeks 0 to 6: breath before anything

- [ ] Lie on your side or back, hand on ribs: 5 slow breaths into the ribs, 3 times a day
- [ ] On each exhale, gently lift the pelvic floor as if stopping gas, then fully let go; 10 reps, once a day
- [ ] Eat to hunger with 3 meals and 2 snacks; no calorie cutting while bleeding or building milk supply
- [ ] Walk 5 to 10 minutes on flat ground once a day; stop if bleeding gets heavier that evening
- [ ] No crunches, sit-ups, planks, running or jumping in these weeks, even if you feel fine
- [ ] Expect early fluid loss in the first 2 weeks; this is not fat loss and it does not need to be chased

Weeks 6 to 12: movement before food

1. After your 6-week check, do the 2-finger gap check above and below the navel; write down what you feel
2. Add deep core work 3 days a week: heel slides, 10 each side, exhale and draw in on every slide
3. Build walks to 20 to 30 minutes, 4 to 5 days a week, adding 5 minutes each week
4. At week 9 or 10, add bodyweight squats to a chair, 2 sets of 10, with an exhale on the stand
5. Keep meals as they are; we add movement first because the core and pelvic floor set the pace

Month 3 onward: then adjust food

- [ ] Only now change food, and only if walks and core work have been steady for 4 weeks
- [ ] Add protein to each meal first (eggs, beans, yogurt, chicken) before taking anything away
- [ ] If breastfeeding, keep snacks and water; cut nothing in a week when supply or baby's weight dips
- [ ] Keep 2 strength sessions and 4 walks a week; the scale moves later than most mothers expect
- [ ] Skip any plan that promises a flat belly, a number or a date; see our diet page for what we do recommend

Order Tracker: 7 Days

Date	Breaths (sets)	Walk (min)	Core done	Ate to hunger

When to get help: If you see coning or doming of the belly when sitting up, feel pelvic heaviness, or leak urine, see a pelvic floor PT before adding any exercise.

Free guide: **Postpartum Weight Loss, in the Order It Actually Happens**
postpartumlibrary.com/body/postpartum-weight-loss

The complete plan: **The 10-Minute Mom Pooch Reset**
postpartumlibrary.com/mompooch