



30-Day Recovery Snapshot

At day 30, summarize what has changed using specific, observable examples. Bring this page to follow-up appointments so providers can quickly see the pattern across the month.

Do not write only “better” or “worse.” Pair each change with a real-life example: what the survivor can do, cannot do, needs help with, how long an activity lasts, or what happens afterward.

Survivor _____

Date completed _____

Completed by _____

IMPROVED What is noticeably easier or more sustainable than it was earlier this month?

EXAMPLE

Change / issue: Eyesight / trouble tracking

Functional example: could not track with both eyes, now able to track easier and experience less rebound time.

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

UNCHANGED What is still present at about the same level or causing the same functional limits?

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

WORSE What now happens more often, lasts longer, requires more help, or limits activity more?

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

NEW What appeared during the month that was not present, noticed, or documented earlier?

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Change / issue:

Functional example:

Top concern for next appointment	Who should address it?	Appointment / date