Return-to-work planner

A blank plan for logistics, not a pumping schedule.

REST & READY / FREE PLANNING WORKSHEET

Map your day

Travel and work hours:

Your own planned breaks:

Space and access arrangements:

Workplace contact and backup:

Share the handoff

Morning handoff owner:

Caregiver contact:

Bag reset owner:

Plan-change contact:

Before the first day

- ☐ Check access and agreed arrangements
- ☐ Review your equipment instructions
- ☐ Agree who handles each practical task
- ☐ Leave room to adjust the plan

Planning only, not medical or legal advice. No storage instructions, pumping intervals or feeding targets. Keep completed sheets private.