

BREASTFEEDING LOG

DAY: _____

#	Start Time	Left (min)	Right (min)	EBM Fed (oz)	Formula (oz)	Pumped L (oz)	Pumped R (oz)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Wet Diapers: 1 2 3 4 5 6 7 8 9 10

Poopy Diapers: 1 2 3 4 5 6 7 8 9 10

Color / Consistency: _____

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Wet Diapers: 1 2 3 4 5 6 7 8 9 10

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Color / Consistency: _____

FEEDING TIP:

Feed every 2–3 hours, 7–10 times per day by day 3–4.
Expect: 1 wet + 1 poop day 1 · 2 each day 2 · 3 each day 3 · 4+ each day 4 onward.
Poops should be loose and yellow by day 4–5. Questions? Call us at (352) 751-4958!

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