## Breast Milk Log



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Hour	12p	1p	2p	3р	4p	5p	6р	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a
Duration			_							_			_		_	-	-	-	-	-	1	-	_	
Supplement			-			_						_	_	_	-	_	$\vdash$	$\vdash$	┼	_		_		
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Diapers	Wet				Total				Dirty				Total						Feeding Goal: 8-12 time					
Day 2					1		ı																	
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Diapers	Wet				Total				Dirty				Total							Feeding Goal: 8-12 times				
Day 3																								
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Diapers	Wet				Total				Dirty				Total							Feeding Goal: 8-12 times				
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Hour	12p	1p	2p	3р	4p	5р	6р	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a
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Supplement																								
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•	l	<u> </u>			<u> </u>																			
Day 6 Hour	12p	1p	2p	3р	4p	5р	6р	7р	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a
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Supplement															$\vdash$									
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Hour	12p	1p	2p	3р	4p	5p	6р	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a
Duration				_						_					_		_				1			
Supplement			_	_						_			_		$\vdash$	-	_		-		_	_	_	$\vdash$
Pumped (ml)	\\ I = 1				Total				Dirty				T-1 1	Total					-	Feeding Goal: 8-12 times				
Diapers	Wet				Total				Dirty				Total							reed	ing Go	aı. ŏ-12	umes	

For each nursing session, enter a check mark or total feeding time in minutes under the hour closest to when you started the feeding. Newborns have small stomachs and need to be fed often. Aim for 8-12 feedings each day.

For diapers, make a tick for each soiled or wet diaper in the space provided.

Also report total pumped volume expressed via any pump session.