

Breast Milk Log



Day 1																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 2																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 3																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 4																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 5																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 6																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			
Day 7																									
Hour	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	
Duration																									
Supplement																									
Pumped (ml)																									
Diapers	Wet					Total					Dirty					Total						Feeding Goal: 8-12 times			

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.