

# Every little drop.

A daily pumping log. Choose one unit for the whole sheet: mL or US fl oz.

Date: \_\_\_\_\_

Name / initials: \_\_\_\_\_

| Time | Amount (mL / fl oz) | Duration (min) | Notes |
|------|---------------------|----------------|-------|
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## Notes to remember

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Record what happened. Blank rows do not represent missed feeds or sessions.

A personal record, not a feeding plan, milk-supply target or medical assessment.

## Try the free interactive tool

<https://www.drbaby.life/pumping-tracker/>

# One day. Little moments.

A feeding and diaper log. Note breast / bottle feeds and wet / dirty diapers.

Date: \_\_\_\_\_

Name / initials: \_\_\_\_\_

| Time | Event type | Notes: side, duration or observations |
|------|------------|---------------------------------------|
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## Notes to remember

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Record what happened. Blank rows do not represent missed feeds or sessions.

A personal record, not a feeding plan, milk-supply target or medical assessment.

## Try the free interactive tool

<https://www.drbaby.life/newborn-feeding-schedule/>