



Breastfeeding Log



Day: _____

Session	Start Time	Breastfeeding # minutes		Additional breast milk fed (# oz)	Formula Fed (oz)	Breast milk expressed or pumped (# oz)	
		L	R			L	R
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

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

Messy diapers (poops): 1 2 3 4 5 6 7 8 9 10 Color/consistency: _____

Try to feed every 2-3 hours, 7-10 times a day by day 3-4. Good signs are 1 wet diaper and poop on day 1, 2 on day 2, 3 on day 3, and 4 or more on day 4 and after. Poops should be loose and yellow by day 4-5.

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