

# Breastfeeding & Pumping Log

Date: \_\_\_\_\_ Age of Baby: \_\_\_\_\_

	Time of Day	Check One	Minutes/Amount		Total Minutes	Notes
			Left Breast	Right Breast		
1		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10		<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

**Diaper Log**

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Wet Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dirty Diapers:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note: \_\_\_\_\_

Need more information or help with breastfeeding? We can help!

- Visit [www.MedelaBreastfeedingUS.com](http://www.MedelaBreastfeedingUS.com) and click on “Breastfeeding Guidance”
- Learn about breastfeeding at [www.MedelaUniversity.com](http://www.MedelaUniversity.com)
- Download the MyMedela breastfeeding app
- Ask a Lactation Consultant at [www.AskTheLC.com](http://www.AskTheLC.com)
- Find a local breastfeeding specialist in your area at [www.MedelaBreastfeedingUS.com/BNNsearch](http://www.MedelaBreastfeedingUS.com/BNNsearch)

Download additional logs: [www.MedelaAtWork.com](http://www.MedelaAtWork.com)

