

Baby log

Name: _____ Week of: _____ Age: _____

Hour	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	/	_/_	_/_	_/_	_/_	_/_	_/_
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01							
02							
03							
04							
05							
06							
07							
08							
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11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
Feeds							
Wet (W)							
Dirty (D)							

L / R – breast, left / right B – bottle, write ml or oz W – wet D – dirty WD – both | – sleep: line from asleep to awake ! – something unusual, see notes

Weekly totals and questions for the doctor

Day	Feeds	Bottle total (ml/oz)	Wet	Dirty	Sleep in 24 h (hrs)	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Notes

Questions for the doctor

1.

2.

3.

4.

5.

6.

This is not a medical record. If something worries you, call your doctor – don't wait for the appointment.