

Breastfeeding & Diaper Changing Log

Daily log — print a fresh copy for each day

Baby's Name

Date

Time	Feeding (L / R / Bottle)	Duration or Amount	Diaper (Wet / Dirty)	Notes

Legend L = left breast R = right breast Bottle = pumped milk or formula, note the amount in oz or mL Wet = pee only Dirty = bowel movement

Newborns typically feed 8 to 12 times a day. If a day looks very different from that, it's worth mentioning at your next pediatrician visit, not something to panic over on your own.