

Feed log

Seven days. Time, amount, and anything you noticed.

THIS WEEK

[illegible]

Date	Time	Amount (oz)	Wet / dirty nappy	Notes

Bring this to an appointment rather than trying to remember. Two things a pediatrician looks for: total daily amount, and wet nappies — 4 to 8 in 24 hours from about the end of the first week.

Not medical advice. Consult your pediatrician before changing your baby's formula.
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