



# Baby Tracker

Circle BF, BO, or PU and which side you BF or pumped. Record your start and end time. Include the total time if desired. Circle or fill in ounces if you are pumping or giving a bottle. \*Start time is important so you know you tracked that particular feeding.

Feeding/Pumping	Start Time	End Time	Oz.	Total Time
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
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BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	
BF BO PU - L R Bo			$\frac{1}{2}$ 1 1.5 2	

\*Babies should have at least 8 feeds in 24 hours, (8-12 typical). Pumping should mimic this. Early growth spurts are typically at 2-3 wks of age, 6 wks, and again at 3 mos.

Write down the **time** that your baby had a poop or pee. Count poops the size of a quarter or more and pees that are heavy or squishy. If you have a "combo" diaper that meets both quantities, then record the time in both sections. Write any notes about the consistency, color, or concerns.

Poop	Pee	Notes
		Totals

\*Targets are 2-3 stools and 5-6 wet diapers per day.

If you are having difficulty do not hesitate to contact an IBCLC. Ph: 805-484-4828 or book online at [simplythebreastlc.com](http://simplythebreastlc.com)