My Baby's Daily Record (Days 1-10)

Circle the time of day you breastfeed and diapers.

Day 1	Goal: 8 to 12 nursings Wet diaper:	12 W	1	2	3	4	5	6	7	8	9	10 11 12 1 2 3 Black tarry soiled diaper:	4 S	5	6	7	8	9	10	11
Day 2	Goal: 8 to 12 nursings Wet diaper:	12 W		2	3	4	5	6	7	8	9	10 11 12 1 2 3 Brown tarry soiled diaper:	4 S	5 S	6	7	8	9	10	11
Day 3	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3	4	5	6	7	8	9	10 11 12 1 2 3 Green soiled diaper: S	4 S	5 S	6	7	8	9	10	11
Day 4	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4	5	6	7	8	9	10 11 12 1 2 3 Yellow soiled diaper: S	4 S	5 S	6 S	7	8	9	10	11
Day 5	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6	7	8	9	10 11 12 1 2 3 Yellow soiled diaper: S	4 S	5 S	6 S	7	8	9	10	11
Day 6	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 3 Yellow soiled diaper: S	4 S	5 S	6 S	7	8	9	10	11
Day 7	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 3 Yellow soiled diaper: S	4 S	5 S	6 S	7	8	9	10	11
Day 8	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 3 Yellow soiled diaper: S	4 S	5 S	6 S	7	8	9	10	11
Day 9	Goal: 8 to 12 nursings Wet diaper:									8	9	10 11 12 1 2 3 Yellow soiled diaper: S				7	8	9	10	11
Day 10		12 W								8	9	10 11 12 1 2 3 Yellow soiled diaper: S				7	8	9	10	11

If on a certain day, your baby has fewer wet diapers and/or fewer dirty diapers than listed on your breastfeeding log, contact your baby's healthcare provider or lactation consultant. This log is designed for use with a well, full-term newborn. Ask your baby's healthcare provider what you need to know about breastfeeding your premature or special-needs newborn.

My Baby's Daily Record (Days 11-20)

Circle the time of day you breastfeed and diapers.

Day 11	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 12	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 13	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 14	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S		6 S	7	8	9	10	11
Day 15	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 16	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7		9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 17	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 18	Goal: 8 to 12 nursings Wet diaper:	12 W	1 W	2 W	3 W	4 W	5 W	6 W	7	8	9	10 11 12 1 2 Yellow soiled diaper:	3 S	4 S	5 S	6 S	7	8	9	10	11
Day 19	Goal: 8 to 12 nursings Wet diaper:			2 W	3 W				7	8	9	10 11 12 1 2 Yellow soiled diaper:					7	8	9	10	11
Day 20	Goal: 8 to 12 nursings Wet diaper:			2 W	3 W	4 W			7	8	9	10 11 12 1 2 Yellow soiled diaper:				6 S	7	8	9	10	11