

Baby Feeding Chart

Feed, change, log. Repeat.

Baby's Name: _____

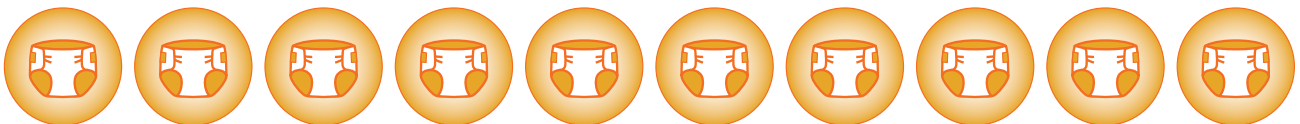
Today's Date: _____

Use this chart to track your baby's feedings and diaper changes. Then, take the completed charts to your baby's checkups. This gives your health care professional a snapshot of your baby's eating patterns.

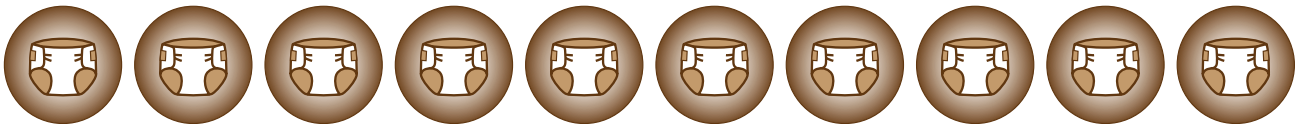
TIME OF DAY		AMOUNT	BREASTFEEDING		NOTES
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
:	a.m.	oz	(L)	min.	
	p.m.		(R)	min.	
Daily Total:		oz			

Check the diapers to keep track of your baby's pees and poops.

Pee:



Poop:



Notes: _____



An easier way to track your baby's feeding, sleeping, diaper changes and growth.
 Get the Similac Baby Journal App

