

Every drop of milk that you provide your baby with is precious.

This log will help us ensure you have all the milk your baby needs now and when they go home.

Date: ___ / ___ / _____

Day: 0 1 2 3 4 5 6 7 8 9 10 11 12 (please circle)

	Start time	End time	Left breast amount	Right breast amount	Total	Method	Comments
Example	08.15	08.35	5mls	7mls	12mls	Hand pump	Easier when I did by my baby's cot
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							



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