

Baby Feeding Chart

Baby's Name: _____

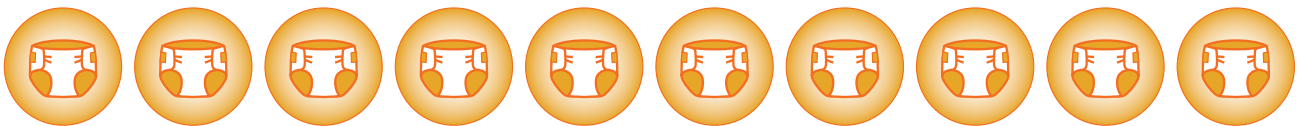
Today's Date: _____

Feed, change, log. Repeat.

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.	
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

