

Breastfeeding log

Only fill in what helps you right now. Empty fields are fine.

Baby's name _____ Date _____

Time	Side L / R / both	Duration or amount minutes or ml	Nappy wet / dirty	Notes
	L R both		wet dirty	
	L R both		wet dirty	
	L R both		wet dirty	
	L R both		wet dirty	
	L R both		wet dirty	
	L R both		wet dirty	
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	L R both		wet dirty	
	L R both		wet dirty	