

Formula Feeding Diary Use this chart to keep track of your feedings.

Time AM/PM	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	
Date:																									
Amount mL																									
Wet																									
Dirty																									
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Keep a record of when you feed your baby—check the hour closest to the hour you feed the baby.














Track wet and dirty diapers by checking when you change these diapers. Take this diary when you go in for the baby's checkup.

Key:

- 1 tsp = 5mL
- 0.5 ounce = 15mL
- 1 ounce = 30mL
- 1.5 ounces = 45mL
- 2 ounces = 60mL

Formula Type:

Nipple Type:

Size of Baby's Tummy	Wet Diapers to Have	Dirty Diapers to Have
Day 1-2 Size of Cherry 	1  2 	1-2  Black or Dark Green
Day 3-5 Size of Walnut 	3  4  5 	3  Brown or Dark Green
Day 6-9 Size of Apricot 	6   Or More	3  Brown and Soft



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