Baby feeding, sleep and diaper log

Baby _____ Date _____

Time	Feed: side or bottle	Minutes or amount	Sleep: down	Sleep: up	Diaper	Medicine and dose	Who
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
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	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
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	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		
	☐ L ☐ R ☐ Bottle				☐ Wet ☐ Dirty		

Feeds _____ Wet _____ Dirty _____ Longest sleep _____

Questions for the doctor

A home record, not medical advice. If anything worries you, call your pediatrician.

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