



Office • 40 Cross Street, Norwalk, CT 06851
 Kings Highways North, Darien, CT 06870
 101 Ethan Allen Hwy, Ridgefield, CT 06877
 Telephone/Helpline: 203.229.2088
 www.Breastfeeding-MD.com

To be used in first week of breastfeeding. If you do not meet goals – call us! 203.229.2088

DAY 1	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal	
Time of Feed																										8
# of Urine	One																							1		
Black Tarry Stool	One																							1		

DAY 2	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal	
Time of Feed																										8
# of Urine	One		Two																					2		
Brown Stool	One		Two																					2		

DAY 3	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal	
Time of Feed																										8
# of Urine	One		Two		Three																					3
Green to Yellow	One		Two		Three																					3

DAY 4	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal			
Time of Feed																										8		
# of Urine	One		Two		Three		Four																					4
Yellow Stool	One		Two		Three		Four																					4

DAY 5	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal			
Time of Feed																										8		
# of Urine	One		Two		Three		Four																					4
Yellow Stool	One		Two		Three		Four																					4

DAY 6	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal					
Time of Feed																										8				
# of Urine	One		Two		Three		Four		Five																					5
Yellow Stool	One		Two		Three		Four																					4		

DAY 7 & beyond	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Goal							
Time of Feed																										8						
# of Urine	One		Two		Three		Four		Five		Six																					6
Yellow Stool	One		Two		Three		Four																					4				