Bottle feeding log

Date _____ Write ml and oz in the same cell

Time	**Source**	**Offered** ml / fl oz	**Left** ml / fl oz	**Drank** offered minus left	**Note**
7:10 Example	**pumped milk**	**4 fl oz** about 120 ml	**1 fl oz** about 30 ml	**3 fl oz** about 90 ml	spit-up light medium heavy
	☐ pumped ☐ formula ☐ mixed				spit-up light medium heavy
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	☐ pumped ☐ formula ☐ mixed				spit-up light medium heavy

Mixed bottle

Example

pumped milk 2 fl oz + formula 1 fl oz = 3 fl oz offered

pumped milk _____ + formula _____ = _____ offered

pumped milk _____ + formula _____ = _____ offered

Nursing

Time	Left side	Right side	Amount
	min	min	☑ not measured
	min	min	☑ not measured
	min	min	☑ not measured
	min	min	☑ not measured

Day total _____ measured + _____ nursing sessions not measured

Write two numbers per bottle: offered and left. Drank is offered minus left. Free sheet from rememilk.com