

Feeding log

Baby / initials: _____ Dates: _____

Record what happened. Use L / R / both for breast side; specify mL or fl oz for bottles. A time window can include breaks. Mark approximate times with "~".

One row per recorded feed; print more rows if useful.

#	Start date & time	End date & time	Type / last side	Bottle amount taken & unit	Notes / breaks
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Missing records / estimates: _____

For the next caregiver: _____

A record, not a feeding schedule. Follow your baby's cues and any individual care plan.

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Sleep log

Baby / initials: _____ Dates: _____

Record falling asleep and waking up, with both dates when sleep crosses midnight. Mark estimates with "~". Gaps are unknown, not time awake.

One row per recorded sleep; optional duration is end minus start.

#	Fell asleep: date & time	Woke: date & time	Duration (optional)	Notes / estimates
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Missing records / estimates: _____

For the next caregiver: _____

A record, not a sleep target. Check the last wake-up time before calculating time awake.

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