

DAILY NEWBORN TRACKER

Feeding, Sleep, and Diaper Schedule

Date: _____

Weight: _____

TIME	FEEDING (TYPE/AMT)	SLEEP (START - END)	DIAPER (W/S)
12 - 3 AM			
3 - 6 AM			
6 - 9 AM			
9 - 12 PM			
12 - 3 PM			
3 - 6 PM			
6 - 9 PM			
9 - 12 AM			

DAILY SUMMARY & NOTES
Minimalist Baby Logistics Template