

FEEDING ROUTINE LOG

Date:

Weight:

TIME	METHOD	AMOUNT / DUR.	L / R	NOTES (MOOD, DIGESTION, SOLIDS)
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Daily Totals & Observations

Total Oz/Ml:

Diapers (Wet/Dirty):

Legend

â€¢ **Method:** Nursing (N), Bottle (B), Solids (S)

â€¢ **Side:** Left (L), Right (R), Both (LR)

â€¢ **Amount:** Ounces (oz) or Milliliters (ml)

â€¢ **Notes:** Spit up, fussiness, new foods introduced.