

# Daily Feeding Schedule

(Day):

(Month):

(Year):

## TODAY'S SCHEDULE

7:00 AM	<i>Wake up and bottle feed (5-6 oz)</i>
9:00 AM	<i>Morning nap</i>
9:30 AM	<i>Bottle feed (5-6 oz)</i>
12:00 PM	<i>Bottle feed (5-6 oz)</i>
1:00 PM	<i>Afternoon nap</i>
3:00 PM	<i>Bottle feed (5-6 oz)</i>
4:30 PM	<i>Short nap</i>
6:00 PM	<i>Bottle feed (5-6 oz)</i>
8:00 PM	<i>Bottle feed (5-6 oz)</i>
10:00 PM	<i>Bottle feed and bedtime (5-6 oz)</i>
OVERNIGHT	<i>Bottle feed as needed (usually Once)</i>

## Water Intake



REMEMBER TO MAKE TIME FOR YOURSELF:  
REFLECT ON WHAT YOU DID JUST FOR YOU  
TODAY.

## Record amount consumed

- 7:00 AM
- 9:30 AM
- 12:00 PM
- 3:00 PM
- 6:00 PM
- 8:00 PM
- 10:00 PM
- OVERNIGHT

## Notes/reflections

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

JOT DOWN THREE MEMORABLE MOMENTS WITH  
YOUR BABY FROM TODAY.