

# Breast Pumping Log

THIS FORM IS FOR MOTHERS WHO NEED TO ESTABLISH THEIR MILK SUPPLY WITH A BREAST PUMP. THE PUMPING LOG WILL HELP YOU REACH YOUR GOAL OF 25-30 OUNCES PER DAY BY DAY 14. YOU MAY ONLY GET DROPS OF MILK AT EACH PUMPING THE FIRST FEW TIMES. THIS IS NORMAL.

Day 1 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												drops-1½ ounce
Day 2 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 1
Day 3 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 2
Day 4 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 3
Day 5 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 4
Day 6 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than 18 ounces
Day 7 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												60 more than 60 minutes
Amount of milk												more than day 6

Day 8 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 7
Day 9 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 8
Day 10 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 9
Day 11 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 10
Day 12 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 11
Day 13 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 12
Day 14 (date: _____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												25 - 30 ounces