



DAILY BABY TRACKER

My baby's day

Little feeds, sweet sleeps, notes to keep.

Baby's name _____ Date _____

Caregiver _____



Feeding

Nursing: min · Bottle: amount taken

Bottle unit (circle one): mL / US fl oz

Time	Left min	Right min	Bottle amount	Milk BM / F

BM: breast milk · F: formula



Today's little notes



Sleep

Write the start and end time.

Start	End	Notes

Include naps and nighttime sleep.



Diapers

Wet and dirty? Check both boxes.

Time	Wet	Dirty	Notes
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Use one row for each diaper change.

For the next caregiver



Nerumi

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