

Infant Feeding Schedule:

Time	Breastmilk/Formula	Amount (ml)	Breast Side	Breastfeeding Duration (minutes)		
				Left breast	Right breast	Total
05:00						
06:00						
07:00						
08:00						
09:00						
10:00						
11:00						
12:00						
13:00						
14:00						
15:00						
16:00						
17:00						
18:00						
19:00						
20:00						
21:00						
22:00						
23:00						
00:00						
01:00						
02:00						
03:00						
04:00						
Total						