**PUMPING LOG**

**\*\*\*Please ask for lactation support if not reaching 500 ml by 1 week.**

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| **Day 1 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **Drops – ½ ounce (15 ml)** |
| **Day 2 date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **Drops – ½ ounce (15 ml)** |
| **Day 3 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 2** |
| **Day 4 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 3** |
| **Day 5 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 4** |
| **Day 6 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 5** |
| **Day 7 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **500 ml (16-17 ounces)** |

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| **Day 8 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 7** |
| **Day 9 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 8** |
| **Day 10 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 9** |
| **Day 11 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 10** |
| **Day 12 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 11** |
| **Day 13 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **More than day 12** |
| **Day 14 (date:\_\_\_\_\_\_\_\_\_)** |  |  |  |  |  |  |  |  | **24 hr total** | **24 hr goal** |
| Time of pumping |  |  |  |  |  |  |  |  |  |  |  |  | **Every 2-3 hrs** |
| Minutes pumping |  |  |  |  |  |  |  |  |  |  |  |  | **More than 100 minutes** |
| Amount of milk |  |  |  |  |  |  |  |  |  |  |  |  | **600-900 mls (20-30 ounces)** |

**Suggested Websites** [**http://newborns.stanford.edu/Breastfeeding/MaxProduction.html**](http://newborns.stanford.edu/Breastfeeding/MaxProduction.html)