Weaning from supplements – weekly log Last weight check (This weight check (Weight gain WEIGHT WEIGHT DAY# Aim for 10 nursing/pumping sessions each day TOTAL **DIAPER COUNT Start Time** Soiled Wet How long did baby breastfeed? W S Supplement Mom's Milk S W (ounces | mL) S Formula W How long? (min) W **Pumping** Amount (oz | mL) W Aim for 10 nursing/pumping sessions each day DAY# TOTAL **DIAPER COUNT Start Time** Wet Soiled How long did baby breastfeed? W S Supplement Mom's Milk W S (ounces | mL) S Formula W How long? (min) W **Pumping** W Amount (oz | mL) DAY# Aim for 10 nursing/pumping sessions each day TOTAL **DIAPER COUNT** Start Time Soiled Wet How long did baby breastfeed? W S Supplement Mom's Milk S W (ounces | mL) Formula W S W How long? (min) **Pumping** W Amount (oz | mL) DAY# Aim for 10 nursing/pumping sessions each day TOTAL **DIAPER COUNT** Start Time Wet Soiled How long did baby breastfeed? W S Supplement Mom's Milk S W (ounces | mL) Formula W S W How long? (min) **Pumping** W Amount (oz | mL) DAY# Aim for 10 nursing/pumping sessions each day **TOTAL DIAPER COUNT Start Time** Soiled Wet How long did baby breastfeed? W S Supplement Mom's Milk W S (ounces | mL) Formula W S How long? (min) W **Pumping** Amount (oz | mL) W DAY# Aim for 10 nursing/pumping sessions each day TOTAL **DIAPER COUNT** Start Time Soiled Wet How long did baby breastfeed? W S Supplement Mom's Milk S W (ounces | mL) S Formula W How long? (min) W **Pumping** W Amount (oz | mL) DAY# Aim for 10 nursing/pumping sessions each day TOTAL **DIAPER COUNT** Start Time Soiled Wet How long did baby breastfeed? W S Mom's Milk Supplement W S (ounces | mL) Formula W S W How long? (min) **Pumping** W Amount (oz | mL)