HOORVIA — BABY FEEDING & DIAPER TRACKER

Daily Newborn Breastfeeding, Formula Bottle, Wet/Dirty Diaper & Sleep Log

10 FULL ROWS PEDIATRIC LOG

Baby's Name: _____ **Date: ____ / ____ / 202__** **Baby's Age / Weight: _____**

1. DAILY FEEDING, DIAPER CHANGES & NAP SCHEDULE (10 FULL DAILY ENTRIES)

#	EXACT TIME (AM / PM)	BREASTFEEDING (LEFT / RIGHT MINS)	BOTTLE / FORMULA (OZ OR ML)	DIAPER OUTPUT (CIRCLE ONE)	SLEEP DURATION / VITAMIN D / NOTES
1	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
2	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
3	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
4	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
5	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
6	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
7	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
8	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
9	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	
10	____ : ____	L: ___m R: ___m	_____ oz / mL	Wet / Dirty / Both	

2. 24-HOUR DAILY TOTALS & CAREGIVER HANDOFF SUMMARY

TOTAL FEEDINGS TODAY	TOTAL WET DIAPERS (GOAL: 6+)	TOTAL DIRTY DIAPERS	TUMMY TIME & BATHS
_____ Feeds (_____ oz)	_____ Wet Diapers	_____ Dirty Diapers	☐ Vitamin D ☐ Tummy Time

NEWBORN HYDRATION BENCHMARK (DAY 5+): Pediatricians typically look for **8 to 12 feedings per 24 hours** and at least **6 heavy wet diapers** per day by Day 5 of life. Contact your pediatrician immediately if a newborn under 3 months has a rectal temperature of **100.4°F (38.0°C) or higher**.