**Breastfeeding & Diaper Count Journal**

**Breastfeeding Time Supplement Diapers**

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| **Breastfeeding Start Time** | **Minutes**  **Right Side** | **Minutes**  **Left Side** | **Supplementing in milliliters(mL):**  **Pumped Breast Milk, Donor Milk or Formula** | **Diapers Time** | **Wet**  **(voids)** | **Poopy**  **(stools)** | **Spit-up** |
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