



Daily Intake and Output Log

Name _____ Day _____ Date _____

	Direct feeding		Supplement		Output		Milk expression	
Time	Minutes R/L	Quality*	Type	Amount	Wet**	Stool ***	Minutes	Amount

Expected intake and output

Feedings: 8 to 12 each day

Wet diapers: Day 1 one, day 2 two, day 3 three, day 4 and on six

Stools: 2 to 3 each day

Contact your baby's health care provider and/or lactation consultant if your baby does not meet these minimums. Or if, during the first week of life, baby does not stool in 24 hours.

*Estimate quality of feeding: poor, good, very good.

**Estimate amount of urine: damp, wet, soaked.

***Estimate amount of stool: smear, medium, large.