

Breast Pumping Log with Target Goals

Parents with babies who are born early or sick often have risk factors for delayed milk production and low milk production. Parents who start pumping within 1-3 hours after birth and pump 8 times per day are often able to reduce or eliminate these risks. Try not to stress over volumes as every person is different. Please request a lactation appointment for any concerns!



Scan QR Code to Children's Breastfeeding Journey for written information, videos, and resources

Day	Time and Volume										Daily Total	Daily Total Goal Volumes
	Write the time of each pumping session and the volume of milk: 30 ml = 1 oz Goal: Pump 8 times per day											
Day 1												Drops
Day 2												
Day 3												
Day 4												30-210 ml (1-7 oz)
Day 5												
Day 6												
Day 7												210-450 ml (7-15 oz)
Day 8												
Day 9												

Day	Time and Volume										Daily Total	Daily Total Goal Volumes
	Write the time of each pumping session and the volume of milk: 30 ml = 1 oz Goal: Pump 8 times per day											
Day 10												450-750 ml (15-25 oz)
Day 11												
Day 12												
Day 13												
Day 14												More than 750 ml (more than 25 oz)
Day 15												
Day 16												
Day 17												
Day 18												
Day 19												
Day 20												