

## Breast Pumping Log with Target Goals

During pumping use a hands-free binder with massage and compression, then hand expression. Drink 16 oz of water before bed, pump once at night. Average pumping is 25 minutes. Empty your breasts each time.

Day	Date	Time of Pumping/Amount Pumped											Daily Total	Daily Total Target Amount	
		Pump a minimum of 8 times per day, 10 if below target goal													
Birth															Drops
Day 1															Drops
Day 2															Drops
Day 3															25-75 ml (1-2.5 oz)
Day 4															75-150 ml (2.3-6 oz)
Day 5															150-225 ml (6-7.5oz)
Day 6															225-300 ml (7.5-12.5 oz)
Day 7															300-375 ml (10-12.5 oz)
Day 8															375-450 ml (12.5-15 oz)
Day 9															450-525 ml (15-17.5 oz)
Day 10															525-600 ml (17.5-20 oz)
Day 11															600-650 ml (20-22 oz)
Day 12															650-700 ml (22-23.5 oz)
Day 13															700-750 ml (23.5-25 oz)
Day 14															750 ml (25 + oz)