Keeping Count

Below are the feeding and diapering goals for the first 7 days.
Cross off each feeding and diaper change as you go!

Day 1

Feeds

Wet

Dirty

Day 2

Feeds

Wet

Dirty

Day 3

Feeds

Wet

Dirty

Day 4

Feeds

Wet

Dirty

Day 5

Feeds

Wet

Dirty

Day 6

Feeds

Wet

Dirty

Day 7

Feeds

Wet

Dirty

Find more resources at www.CelebrateBirth.info/resources