

Breast Pumping Log

This form is for mothers who need to establish their milk supply with a breast pump. The pumping log will help you reach your goal of 25-30 ounces (600-900ml) per day by Day 14. You may only get drops of milk at each pumping the first few times. This is normal.

Day 1 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													drops-1/2 ounce (15 ml)
Day 2 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													drops-1/2 ounce (15 ml)
Day 3 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 2
Day 4 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 3
Day 5 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 4
Day 6 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than 18 ounces
Day 7 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 6

Day 8 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 7
Day 9 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 8
Day 10 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 9
Day 11 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 10
Day 12 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 11
Day 13 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													more than day 12
Day 14 (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													20-30 ounces (600-900ml)



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For questions or further assistance, call Carolinus Lactation Center at 704-667-1390.