

Keeping Count

nest.lakeland

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.THENESTLAKELAND.ORG/RESOURCES OR SCAN THIS QR CODE!

