

Feeding & Diapering Tracker



Diapering 101

Keeping track of the number of diapers each day (8 to 12 being ideal) helps you know that your newborn is on track with feeding. And the wetness indicator in all HUGGIES® Newborn Diapers lets you see exactly when your baby needs a change at a glance. Use this simple chart to record your baby's feedings and diaper changes.

Today's Date:													Goal (at least)												
Time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 midnight	
Feeding																									
Wet Diaper																									
Bowel Movement																									

Today's Date:													Goal (at least)												
Time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 midnight	
Feeding																									
Wet Diaper																									
Bowel Movement																									

Today's Date:													Goal (at least)												
Time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 midnight	
Feeding																									
Wet Diaper																									
Bowel Movement																									

Today's Date:													Goal (at least)												
Time	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 midnight	
Feeding																									
Wet Diaper																									
Bowel Movement																									

Find more newborn tips, tools and printables at Huggies.com

