

Pumping Chart – circle each hour in which you’ve pumped

Spread your pumpings through the day and night.

If you have a non-nursing baby, 10 expressions per day is excellent, 6 is a bare minimum.

Many mothers aim for 8. Try not to fall below 8 in the early weeks.

For best volume, be sure to follow each pumping session with some hand expression!

Date																			goal#	total						
Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____

Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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Mid-	night	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	_____	_____
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