Pumping Chart – check each box in which you've pumped

Spread your pumpings through the day and night.
If you have a non-nursing baby, 10 pumpings 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 finish each session with some hand expression!

	Pre break fast	After break fast	Mid am	Late am	Pre lunch	After lunch	Mid after-noon	Pre Sup-per	Mid even-ing	Pre bed	Night	Night
Mon												
Tues												
Wed												
Thur												
Fri												
Sat												
Sun												
Mon												
Tues												
Wed												
Thur												
Fri												
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Sun												