



For a Better State of Health

# Weekly Pumping Log

Pumping at least 8 times in 24 hours is what is needed in order to stimulate the breast enough to get a full milk supply. 8-12 pumping sessions in 24 hours is recommended. Record the time of the pump and the amount in milliliters (ml) for each day.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
2.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
3.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
4.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
5.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
6.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
7.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
8.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
9.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
10.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
11.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
12.	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:	Time: ml:
<b>DAILY TOTAL (ml)</b>							

Recording daily pumping sessions and volumes will allow you to track your progress and decide if you are in need of a lactation consult for help!

*This information was created and reviewed through a partnership with the UAMS Patient and Family Advisory Councils and the UAMS Center for Health Literacy.*

UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES • 4301 West Markham Street - Little Rock, Arkansas 72205

Revised 2/17