

Milk Volume Tracker

Key Points

- Delivery Day to Day 4 –Schedule is most important! Any amount of volume is okay
- By Day 5-7-Goal production is ≥ 500 ml per 24 hour period
- Goal = 8 or more expressions per 24-hour period
- Express right before sleep & drink 1 liter of water
- Express once in the middle of the night & drink 1 liter of water
- Pump first thing in the morning

Day after Birth	Date	Number of Expressions per 24 hours	Total daily volume per 24 hours
Delivery day			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			