

# Appendixes

- Appendix A: Sample Infant Daily Activity Chart
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## Appendix A: Sample Infant Daily Activity Chart

Baby's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Fluids: Breastmilk  Infant Formula

Type of Formula: \_\_\_\_\_

### Fluids:

What time did my baby eat?	How much did my baby drink (fluid ounces)?

### Solid Foods:

What did my baby eat?	How much did my baby eat (tablespoons)?	What time did my baby eat?

### Diaper Changing:

What time was my baby's diaper changed?	Was it wet (W), dirty (D), or both (B)?

Did my baby sleep today? When and for how long? \_\_\_\_\_

What activities did my baby do today? \_\_\_\_\_

Notes: \_\_\_\_\_

*Adapted from the Arizona Department of Health Licensing Department Infant Daily Log*