

Pumping Log

Name: _____

Month: _____

Date:	1	2	3	4	5	6	7	8	9	10	Total
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

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Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

Double pump for 15-20 minutes or until no more milk has come out for 3 minutes. Hand express 5-10 minutes after pumping.

Questions or concerns contact SantaBarbaraLactation.com, 805-636-0871

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