

# Keeping Count

nest.lakeland

Below are the feeding and diapering goals for the first 7 days.  
Cross off each feeding and diaper change as you go!

DAY 1	FEEDS										
	WET										
	DIRTY										
DAY 2	FEEDS										
	WET										
	DIRTY										
DAY 3	FEEDS										
	WET										
	DIRTY										
DAY 4	FEEDS										
	WET										
	DIRTY										
DAY 5	FEEDS										
	WET										
	DIRTY										
DAY 6	FEEDS										
	WET										
	DIRTY										
DAY 7	FEEDS										
	WET										
	DIRTY										

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