

Tracker

Choose Health LA Moms

Weeks 1-3

Week 1	Walking - minutes or steps per day	Water - cups per day	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 2	Walking	Water	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 3	Walking	Water	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

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Weeks 4-6

Week 4	Walking	Water	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 5	Walking	Water	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 6	Walking	Water	Breastfeeding
Mon			This week I fed my baby: <input type="checkbox"/> Breast milk only <input type="checkbox"/> Breast milk and formula <input type="checkbox"/> Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

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Weeks 7-9

Week 7	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 8	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 9	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

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Weeks 10-12

Week 10	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 11	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			

Week 12	Walking	Water	Breastfeeding
Mon			This week I fed my baby: ___ Breast milk only ___ Breast milk and formula ___ Formula only
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
This week I weigh: _____ lbs or kg			