



Use this chart to easily track your baby's wet and dirty diapers during their first week of life. This information can be valuable for monitoring their hydration and overall health. Fill it out and bring it to doctor's appointments as necessary.

Diaper Log

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wet 💧	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Dirty 🦌	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Feedings 🍼	_____	_____	_____	_____	_____	_____	_____

Important Notes

- **Wet Diapers:** Newborns should have at least 6-8 wet diapers per day after the first few days.
- **Dirty Diapers:** The frequency of bowel movements can vary. Consult your pediatrician if you have concerns.
- **Color:** Note any unusual colors in the stool (e.g., black, white, or red) and report them to your pediatrician.
- **Consistency:** Note any unusual consistency of stool (e.g. very hard, watery) and report them to your pediatrician.
- **Hydration:** Less frequent wet diapers *may* be a sign of dehydration. If you are concerned contact your health provider immediately.

This tracker is meant to serve as a tool for new parents, and not medical advice. If you have any concerns regarding your baby's health please consult with a doctor.