

## Pumping Schedule

	Sun		Mon		Tue		Wed		Thu		Fri		Sat	
1														
2														
3														
4														
5														
6														
7														
8														

	Sun		Mon		Tue		Wed		Thu		Fri		Sat	
1														
2														
3														
4														
5														
6														
7														
8														

\*

---

\*Goal is to pump at least 8 times every 24 hours. It is better to pump for short (15 to 30 minutes) periods, more frequently, than for long periods less frequently

\*\*Write in the time you start pumping in one column and the amount you pumped in the other column