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Date

Mon / Tue / Wed / Thu / Fri / Sat / Sun

Morning notes • Today my baby is: well, cold, teething, vaccination, other.

Time

My consumption
food, drink, medicines

Baby consumption
feed, amount, etc

Reactions and severity
gone 0 ↔ 5 extreme

New foods introduced

Me

Baby

Suspected foods

Evening notes • how did the day go?

Ratings

Day rating

1 2 3 4 5

Baby mood

☹️ 😐 😊 😄 😁