

Keeping a **DIARY**

To help you and your healthcare professional keep track and assess your child's progress with your tube feedings, using a diary may help. The diary shown on the next page is an example of how you can track their tube feeding progress over time. This can be very helpful if you are trying to make a change to the feeding plan and would like to measure how it is going. When you visit your healthcare professional, take this diary to discuss during the visit.

Daily formula goal: _____ mL/containers.

Daily water goal: _____ mL and/or _____ flushes

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Date							
Weight							
Amount of Formula Taken							
Amount of Water Taken							
Other Fluid put Through the Tube							
Number of Stools/Diaper Changes							
Stool Consistency (hard, soft, watery)							
Tube Site (is skin clean, red or sore)							
<ul style="list-style-type: none"> Other Intolerance symptoms and how often they occur							
<ul style="list-style-type: none"> Any questions or concerns related to the tube feeding 							