

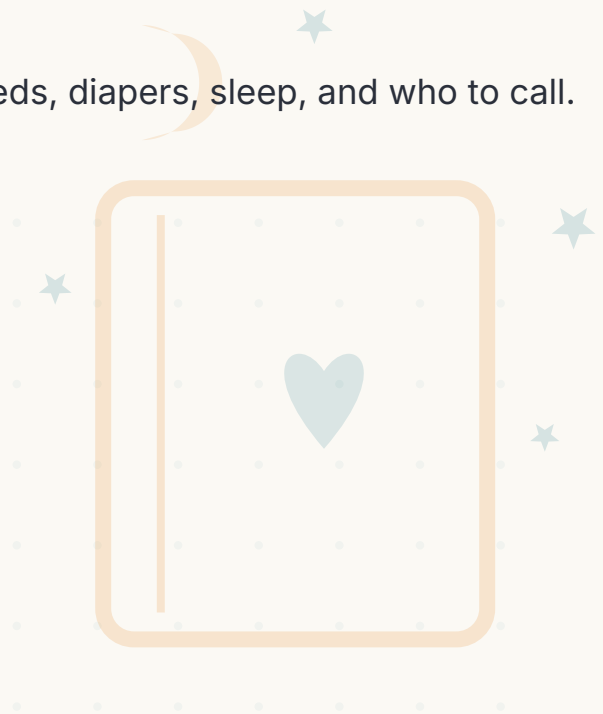


AN ARDENT WORKSHOP PRODUCT

# First-Weeks Tracker

The one page for the newborn weeks — feeds, diapers, sleep, and who to call.

Free · from Ardent Workshop



# Get a handle on the early weeks

The one page to keep on the fridge or the changing table in the newborn weeks — a day of feeds, diapers, and sleep, plus the basics and the people to call. Print one per day, fill it in pen, and let anyone helping see the rhythm at a glance.

## A RECORD YOU KEEP — NOT MEDICAL ADVICE

This is a tracking sheet for the early weeks, not medical advice. Follow your pediatrician's guidance, and call your doctor or Poison Control (1-800-222-1222) with any concern. Keep the baby's Social Security number out of it — record only where documents are kept.

Baby's name

---

Date of birth · birth weight

---

Allergies / things to watch

---

Pediatrician (name & phone)

---



A tracking sheet for the early weeks, not medical advice, a diagnosis, or a treatment plan. Always follow your pediatrician's guidance, and call your doctor or Poison Control (1-800-222-1222) with any concern. © Ardent Workshop LLC. Free to use; please don't resell or redistribute.