

Sample Schedule 0-2 Weeks DAY

Time	Activity
6AM	Feeding & diaper change
7AM	Sleep
8AM	Feeding & diaper change
9AM	Sleep
10AM	Sleep
11AM	Feeding & diaper change
NOON	Sleep
1PM	Feeding & diaper change
2PM	Sleep
3PM	Sleep
4PM	Feeding & diaper change
5PM	Sleep

Sample Schedule 0-2 Weeks NIGHT

Time	Activity
6PM	Sleep
7PM	Feeding & diaper change
8PM	Sleep
9PM	Feeding & diaper change
10PM	Sleep
11PM	Sleep
MIDNIGHT	Feeding & diaper change
1AM	Sleep
2AM	Sleep
3AM	Feeding & diaper change
4AM	Sleep
5AM	Sleep