Snuggle

Mom space report

Pumping and mood

18 Oct 2026 – 16 Nov 2026



Pumped milk

910 ml

sessions logged on 7 of 30 days

Sessions

7

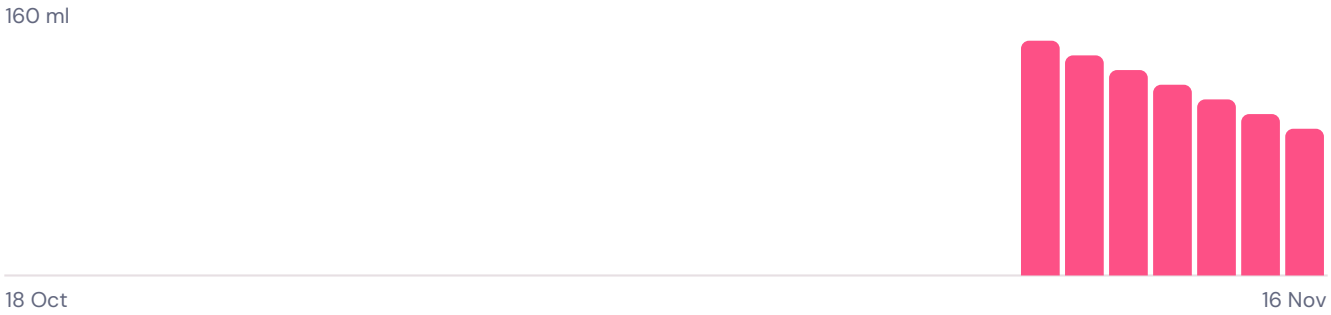
105 min logged

Per day with a session

130 ml

days without a session are not counted

Pumped milk, day by day



Pumping sessions

When	Left	Right	Total	Time	Note
Tue 10 Nov, 00:00	—	—	160 ml	15 min	
Wed 11 Nov, 00:00	—	—	150 ml	15 min	
Thu 12 Nov, 00:00	—	—	140 ml	15 min	
Fri 13 Nov, 00:00	—	—	130 ml	15 min	
Sat 14 Nov, 00:00	—	—	120 ml	15 min	
Sun 15 Nov, 00:00	—	—	110 ml	15 min	
Mon 16 Nov, 00:00	—	—	100 ml	15 min	

How you were feeling

Day	Mood	Note
10 Nov 2026	Good	
11 Nov 2026	Tired	
12 Nov 2026	Good	
13 Nov 2026	Tired	
14 Nov 2026	Good	
15 Nov 2026	Tired	
16 Nov 2026	Good	

A personal record, for you. It is not a medical document.