

# STRIVING FOR SIMPLE

## *Reusable nappy trial - log sheet*

TIME OF DAY (am / pm / night)	NAPPY Brand, name and type (e.g. fitted / all-in-one / all-in-two / pocket)	LINER USED? Yes/No Log if disposable / fleece / other if you like.	BOOSTER USED? Yes/No Log if bamboo / microfibre / other if you like.	DURATION Log time on and time off if it helps.	NOTES e.g. Does it fit baby well? Is it bulky? Did it leak? Did it cause discomfort or leave red marks?