

Additional File 1: Daily Hand Expression Tracker

Today's Date _____

How many times did you try to hand express today?

0 1 2 3 > 3

How many total minutes did you hand express today?

< 5 5 – 10 10 – 15 15 – 20 20 – 25 25 – 30 > 30

How many milliliters of milk did you hand express today?
_____ mL

How confident do you feel with hand expression today?

very uncomfortable uncomfortable neutral
 comfortable very comfortable

My thoughts about hand expression today: _____

Daily Hand Expression Tracker

Did you feel any contractions today?

yes no

If yes,

How many contractions did you feel every minute?
_____ / min

How often were these contractions occurring?
every _____ hour(s)

Did you feel any discomfort today?

yes no

If yes, please describe _____

