



Pola

Less to remember. More time together.

DOCTOR REPORT

Emma

Report period: **August 26 – September 24, 2026** (30 days).

For comparison, the previous 30 days: July 27 – August 25, 2026.

DATE OF BIRTH

February 20, 2026, 6:42 AM

SEX

girl

BLOOD TYPE

A Rh+

REGULAR MEDICATION

vitamin D3, 400 IU daily

AGE ON SEPTEMBER 25, 2026

7 mo 5 days (31 weeks)

AT BIRTH

7 lb 6 oz, 20.9 in, Apgar 10

ALLERGIES

not entered

PEDIATRICIAN

Dr. Sarah Miller

This report summarizes parents' entries from the Pola app. **It is not a medical record or a diagnosis** and does not replace a medical examination.

At a glance

MILK PER DAY

24.5 fl oz

previously 25.5 fl oz

FEEDINGS PER DAY

6.3

incl. 1.7 at night · previously 6.3

SLEEP PER DAY

12 h 22 min

previously 12 h 49 min

LONGEST UNBROKEN SLEEP

5 h 25 min

average of each day · previously 5 h 13 min

WET DIAPERS PER DAY

7.3

with poop 1.4 · previously 7.4 and 1.5

WEIGHT

17 lb 3 oz

September 22 · August 21: 16 lb 10 oz

HIGHEST TEMPERATURE

102.4 °F

September 10 · 100.4 °F or higher on 3 days

MEALS PER DAY

2.8

3 new foods, 1 reaction · previously 2.2

What happened

in order

August 28	Scheduled vaccination. Highest temperature 99.7 °F (August 28, 7:40 PM).	p. 8
August 29	First time this period broccoli .	p. 6
September 2	First time this period egg . Reaction: rash , note: "Red spots around the mouth about 20 min after the meal, gone after about 2 hours. No other symptoms that I noticed."	p. 6
September 9–13	Illness: "Infection: fever, runny nose". Highest temperature 102.4 °F (September 10, 12:15 PM). Loose stools.	p. 7
September 10	Pediatrician: fever	p. 8
September 16	First time this period millet porridge .	p. 6
September 22	Latest measurement: 17 lb 3 oz, 27.0 in.	p. 2

Where the data comes from. 711 activities from 2 people. Milk feeding: entries on 30 of 30 days. Sleep: entries on 30 of 30 days. Diapers: entries on 30 of 30 days. Meals and new foods: entries on 30 of 30 days. Averages are calculated from days with entries; days without entries don't count as zero.

On the following pages. Timeline, weight and length (p. 2) · milk feeding (p. 3) · sleep (p. 4) · day by day (p. 5) · diapers, meals and new foods (p. 6) · illnesses, health and medications (p. 7) · parents' notes, visits and vaccinations, questions for the doctor (p. 8)

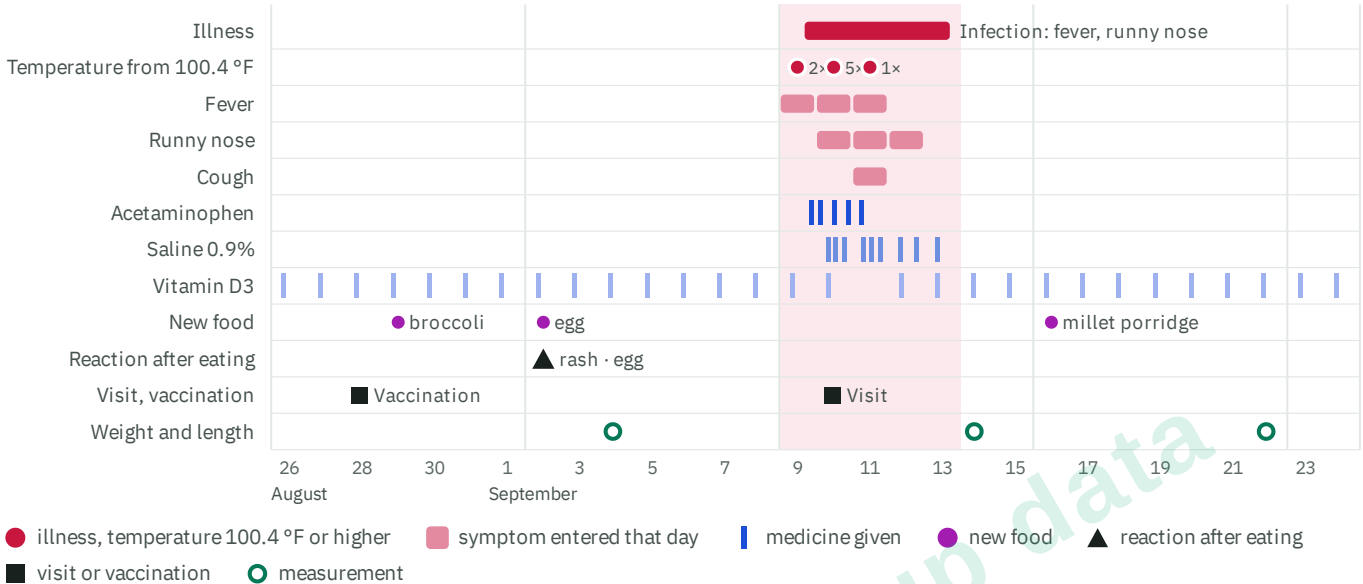
Report created on September 25, 2026 at 7:48 AM. Next visit in the calendar: September 30, 2026, 9:40 AM (check-up).



Timeline

30 days, one row per entry type

Each mark is one entry. Pink background: illness September 9–13.

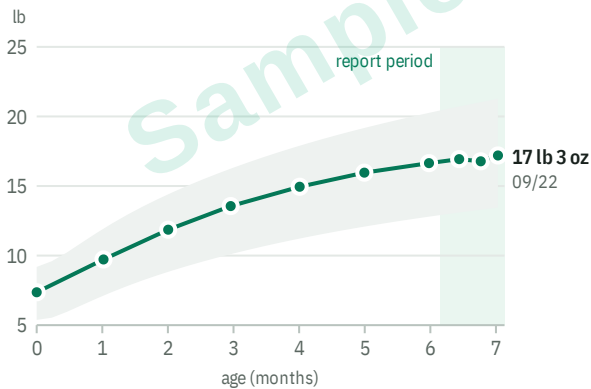


Weight and length

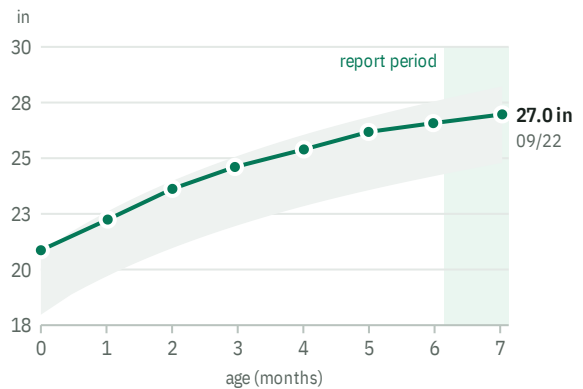
10 measurements since birth, 3 of them in the report period

All measurements since birth. The green background is the report period. The grey band is the WHO percentile range (P3–P97) for age and sex: a reference distribution, not an assessment. Calendar age, no prematurity correction. Source: WHO Child Growth Standards.

Body weight (lb)



Body length (in)



MEASUREMENT DATE	AGE	WEIGHT	LENGTH	NOTE
July 22, 2026	5 mo 2 days	15 lb 15 oz	26.2 in	
August 21, 2026	6 mo 1 day	16 lb 10 oz	26.6 in	
September 4, 2026	6 mo 15 days	16 lb 15 oz	not entered	
September 14, 2026	6 mo 25 days	16 lb 12 oz	not entered	After the infection.
September 22, 2026	7 mo 2 days	17 lb 3 oz	27.0 in	

The table shows the last 5 measurements. Green bar next to the date: a measurement from the report period. The first point on the charts is the birth data.



Milk feeding

190 entries

MILK PER DAY

24.5 fl oz

from 17 fl oz to 31.5 fl oz

FEEDINGS PER DAY

6.3

4 fl oz on average per feeding

FEEDINGS AT NIGHT

1.6

from 10:00 PM to 6:00 AM

LONGEST GAP

6 h 5 min

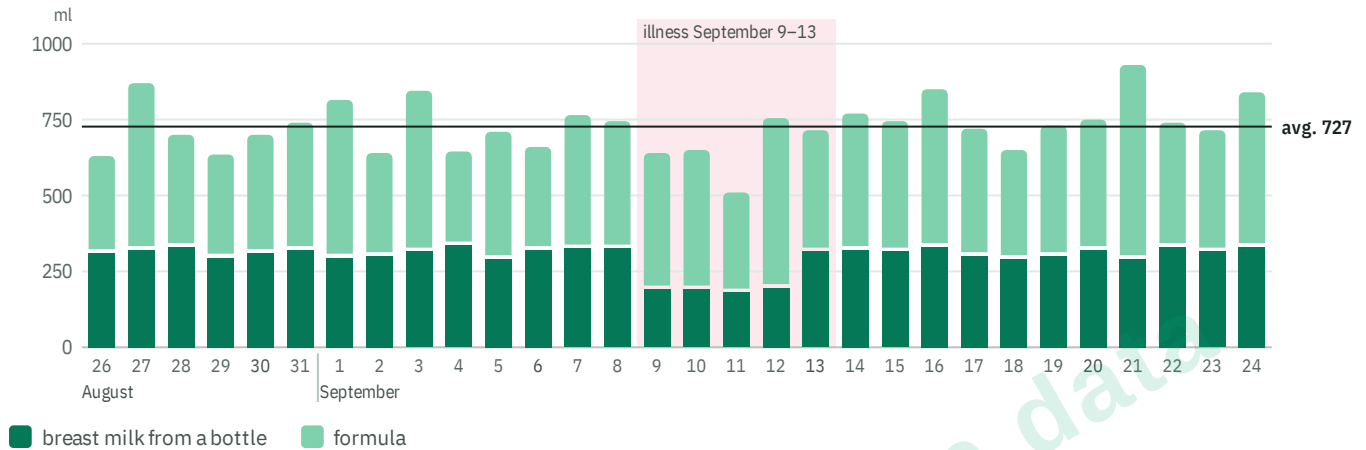
between feedings, averaged per day

TYPE OF MILK

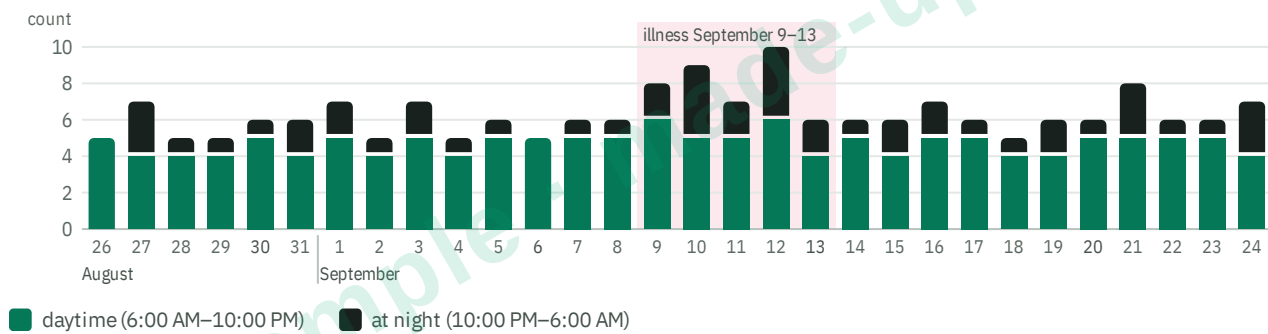
41% / 59%

Breast milk / Formula

Milk per day (ml). The horizontal line is the average.



Feedings per day



WEEK (DAILY AVERAGE)	MILK	BREAST MILK	FORMULA	FEEDS	AT NIGHT	LONGEST GAP (H:MIN)
previous 30 days	25.5 fl oz	11 fl oz	14.5 fl oz	6.3	1.6	6:08
August 26 – September 1	24.5 fl oz	10.5 fl oz	14 fl oz	5.9	1.4	6:19
September 2–8	24 fl oz	10.5 fl oz	13.5 fl oz	5.7	1.0	7:40
September 9–15	23 fl oz	8.5 fl oz	15 fl oz	7.4	2.4	5:04
September 16–22	26 fl oz	10.5 fl oz	15.5 fl oz	6.3	1.6	5:40
September 23–24	26.5 fl oz	11 fl oz	15.5 fl oz	6.5	2.0	4:46

The report counts milk entered in millilitres. The app does not record which breast or for how long the baby fed.



Sleep

152 entries

SLEEP PER DAY

12 h 22 min

from 11 h 9 min to 13 h 30 min

AT NIGHT

9 h 31 min

from 7:00 PM to 7:00 AM

DURING THE DAY

2 h 49 min

2.3 naps on average

LONGEST UNBROKEN SLEEP

5 h 25 min

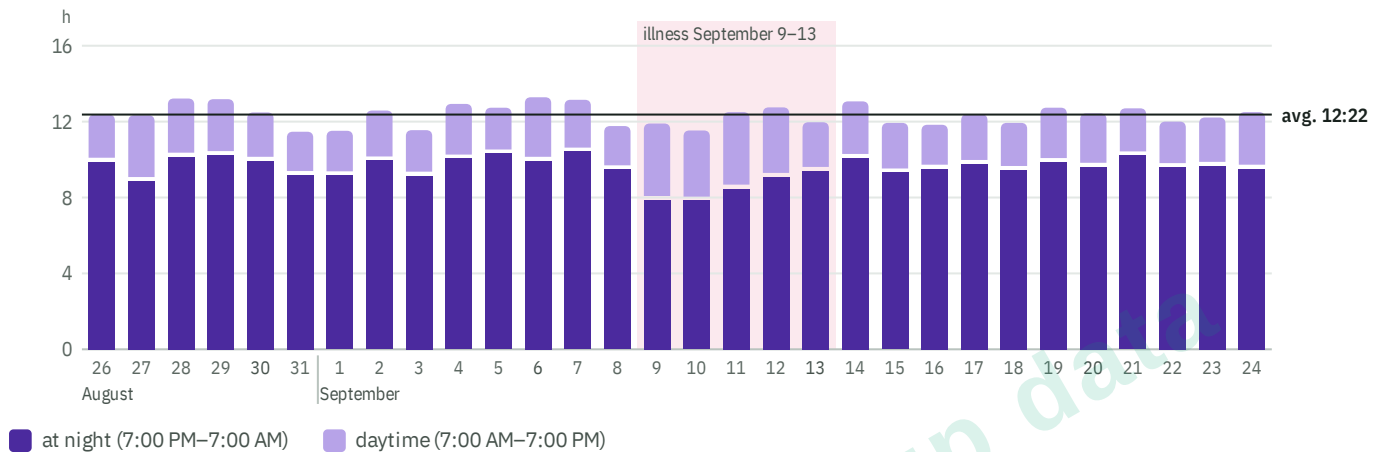
longest recorded: 10 h 19 min

NIGHT INTERRUPTIONS

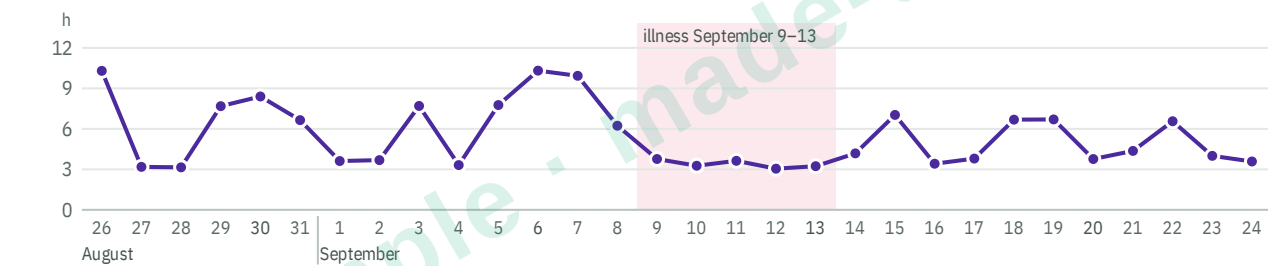
1.8

average per night · previously 1.5

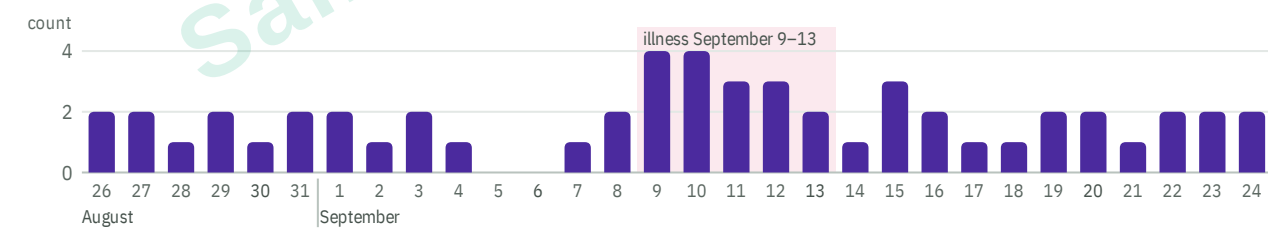
How much sleep per day (hours). The horizontal line is the average.



Longest unbroken sleep (hours)



Night sleep interruptions (count). The date is the evening the night began.



WEEK (DAILY AVERAGE)	SLEEP	AT NIGHT	DURING THE DAY	LONGEST	NIGHT INTERRUPTIONS
previous 30 days	12:49	9:51	3:10	5:13	1.5
August 26 – September 1	12:26	9:38	2:44	6:08	1.7
September 2–8	12:32	9:54	2:40	7:00	1.0
September 9–15	12:19	8:52	3:22	4:01	2.9
September 16–22	12:12	9:43	2:34	5:03	1.6
September 23–24	12:23	9:36	2:46	3:48	2.0

Sleep time in the table: hours and minutes (12:22 means 12 h 22 min). A night-sleep interruption is the gap between two sleep entries on the same night.



Day by day

sleep, feeds and meals across the day

One row is one day, midnight to midnight. Grey background: night (19:00–7:00). Pink dates: illness days.

■ sleep ■ milk feed ◆ meal ● temperature 100.4 °F or higher





Diapers

229 entries

WET DIAPERS PER DAY

7.3

previously 7.4

POOP DIAPERS PER DAY

1.4

previously 1.5

LOOSE STOOLS

8

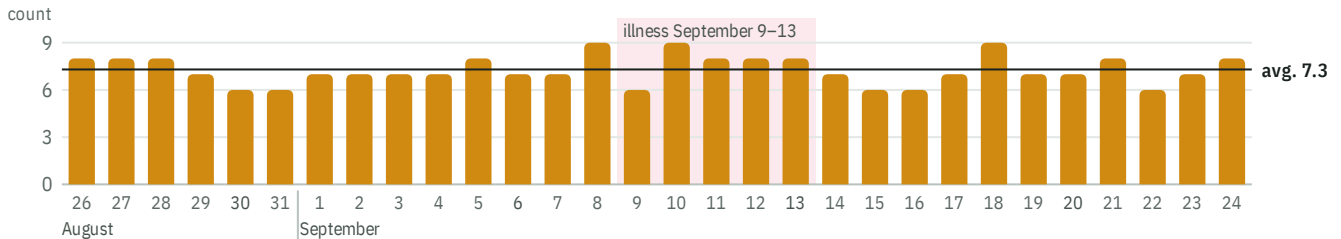
all on September 9–13

HARD STOOLS

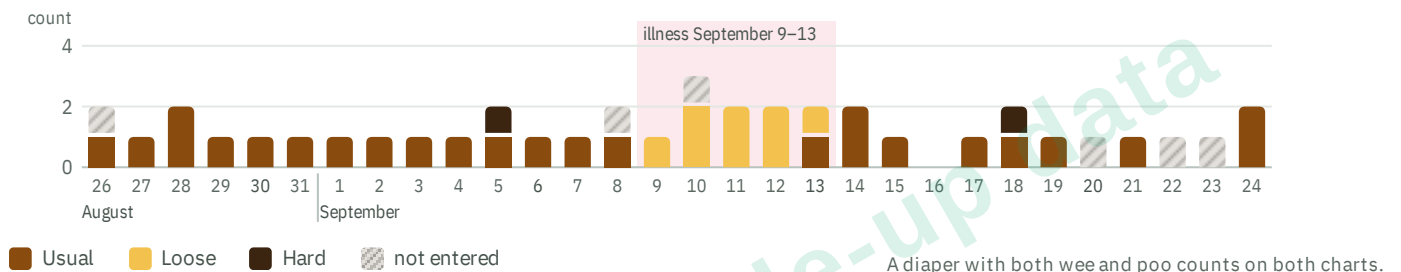
2

September 5, September 18

Wet diapers per day



Poop diapers per day, by stool consistency

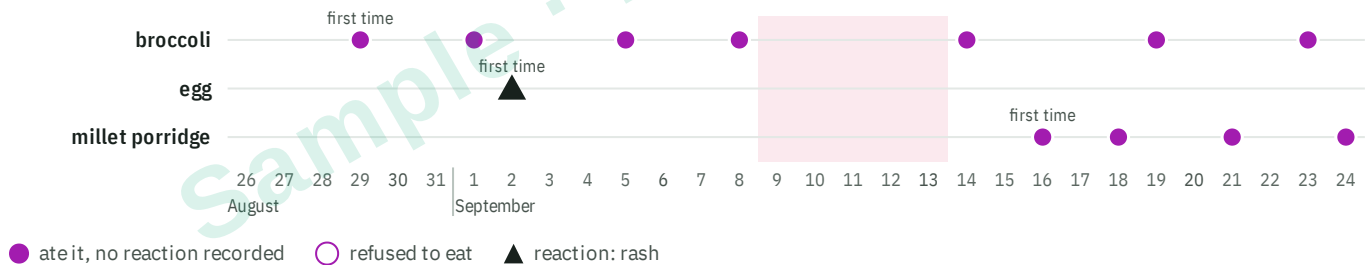


A diaper with both wee and poo counts on both charts.

Meals and new foods

83 entries, averaging 2.8 meals a day

A new food is one the baby ate for the first time in this period. Each mark is one meal.



FOOD	FIRST TIME	HOW MANY TIMES	REACTION	PARENT'S NOTE
broccoli	August 29	7	no reaction recorded	
egg	September 2	1	rash	"Red spots around the mouth about 20 min after the meal, gone after about 2 hours. No other symptoms that I noticed."
millet porridge	September 16	4	no reaction recorded	"With formula."

Reported reactions

September 2 - egg: rash "Red spots around the mouth about 20 min after the meal, gone after about 2 hours. No other symptoms that I noticed."

Foods given before: rice cereal, apple, banana, pumpkin, carrot, turkey, zucchini, potato, pear.



Health

14 temperature readings, 43 medicine doses

ILLNESS ENTERED BY THE PARENT

“Infection: fever, runny nose”, September 9–13 2026

Note: “Pediatrician visit on Sep 10.”

SYMPTOM

WHEN

fever

September 9–11

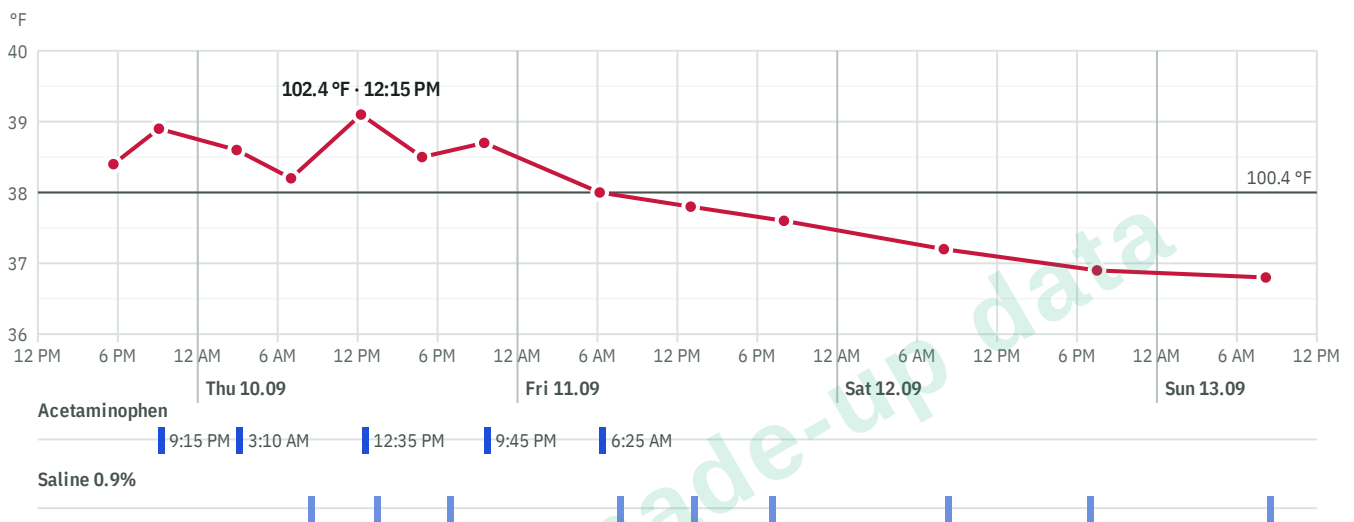
runny nose

September 10–12

cough

September 11

Temperature (°F) and medicines given, from September 9 12 PM to September 13 12 PM



The horizontal line marks 38°C. The app does not record where the temperature was measured.

Acetaminophen, every dose

NO.	WHEN	DOSE	SINCE PREVIOUS DOSE	LAST TEMPERATURE BEFORE DOSE
1	September 9, 9:15 PM	80 mg, suppository	first	102.0 °F at 9:05 PM
2	September 10, 3:10 AM	80 mg, suppository	5 h 55 min	101.5 °F at 2:55 AM
3	September 10, 12:35 PM	80 mg, suppository	9 h 25 min	102.4 °F at 12:15 PM
4	September 10, 9:45 PM	80 mg, suppository	9 h 10 min	101.7 °F at 9:30 PM
5	September 11, 6:25 AM	80 mg, suppository	8 h 40 min	100.4 °F at 6:10 AM

All medicines

MEDICINE	DOSE	HOW MANY TIMES	FROM – TO	REMARKS
Acetaminophen	80 mg, suppository	5	September 9 – September 11	every dose in the table above
Saline 0.9%	2 drops in each nostril	9	September 10 – September 13	on 4 days
Vitamin D3	400 IU	29	August 26 – September 24	no entry on September 11

Medicine names and doses are copied exactly as the parent entered them.

Other temperature readings

DATE	TIME	TEMPERATURE	REMARKS
August 28, 2026	7:40 PM	99.7 °F	Evening after the vaccine.



Parents' notes

copied word for word

August 28, 7:40 PM	Health	"Evening after the vaccine."
September 2, 12:13 PM	Meal: egg	"Red spots around the mouth about 20 min after the meal, gone after about 2 hours. No other symptoms that I noticed."
September 10, 7:00 AM	Health	"Fussy, eating less."
September 10, 11:20 AM	Visit	"Bring the health record."
September 11, 1:00 PM	Health	"Thicker runny nose, coughing mostly at night."
September 13, 8:10 AM	Health	"No fever since yesterday, appetite coming back."
September 14, 9:00 AM	Measurement	"After the infection."
September 16, 12:02 PM	Meal: millet porridge	"With formula."

Visits and vaccinations

from the calendar in the app

DATE	TYPE	DESCRIPTION IN THE CALENDAR
August 28, 10:30 AM	Vaccination	Scheduled vaccination
September 10, 11:20 AM	Visit	Pediatrician: fever
September 30, 9:40 AM	Visit	check-up

The calendar does not record the vaccine name.

Questions for the doctor

the parent writes them before the visit

-
-
-
-

Doctor's notes

How to read this report

- Averages are calculated per calendar day (midnight to midnight), using only days with at least one entry: a day with no entry isn't counted as zero. Night is 7:00 PM–7:00 AM for sleep and 10:00 PM–6:00 AM for feedings.
- "Previously" means 30 days earlier: July 27 – August 25, 2026.
- A missing entry doesn't mean nothing happened.
- Each number is rounded independently, so parts don't always add up exactly to the total.
- When WHO percentile bands are shown, they are neutral reference data (P3–P97) for age and sex, not an automatic assessment.