



Petal & Paper

YOUR FREE PRINTABLE

Baby weaning food tracker



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FIRST FOODS

weaning tracker

Weaning start

Start date: ____ Baby age: ____ weeks / months

Method: purees ☐ baby-led weaning ☐
combination ☐

First food given: _____

Health visitor / GP sign-off: ☐

Week 1–2 food log

Date: ____ Food: _____ Texture: ____

Reaction: none ☐ mild ☐ see notes ☐

Date: ____ Food: _____ Texture: ____

Reaction: none ☐ mild ☐ see notes ☐

Date: ____ Food: _____ Texture: ____

Reaction: none ☐ mild ☐ see notes ☐

Date: ____ Food: _____ Texture: ____

Reaction: none ☐ mild ☐ see notes ☐

Date: ____ Food: _____ Texture: ____

Reaction: none ☐ mild ☐ see notes ☐

Top allergens introduced (introduce one at a time)

Cows milk protein: date ____ reaction: ____

Eggs: date ____ reaction: ____

Peanuts (smooth butter in food): date ____
reaction: ____

Wheat / gluten: date ____ reaction: ____

Tree nuts (ground): date ____ reaction: ____

Sesame: date ____ reaction: ____

Foods loved and refused

Loves: _____

Will tolerate: _____

Refuses so far: _____

Health visitor notes: _____