Formula Budget Tracker

How many cans of formula per month? Work out your baby's number, then track it all year.

My Baby's Math (3 Steps)

1. My baby's weight in pounds × 2.5 = ____ **oz per day** 2. Daily ounces × 30 = ____ **oz per month** 3. Monthly ounces ÷ 90 = ____ **cans per month** (standard 12.5 oz can = about 90 fl oz prepared).

Monthly Tracker

Month	Baby's age	Daily oz	Cans this month	Price per can	Cost this month
Month 1	0-1 mo				
Month 2	1-2 mo				
Month 3	2-3 mo				
Month 4	3-4 mo				
Month 5	4-5 mo				
Month 6	5-6 mo				
Month 7	6-7 mo				
Month 8	7-8 mo				
Month 9	8-9 mo				
Month 10	9-10 mo				
Month 11	10-11 mo				
Month 12	11-12 mo				
Year total					

Notes: one standard 12.5 oz can makes about 90 fl oz; a 22 oz tub about 140 fl oz; a 30 oz refill about 200 fl oz. Opened powder keeps 1 month; prepared formula keeps 24 hours in the fridge, 2 hours at room temperature. Prices are approximate — check your store. Never dilute formula to stretch a can; if money is tight, ask your state WIC office.