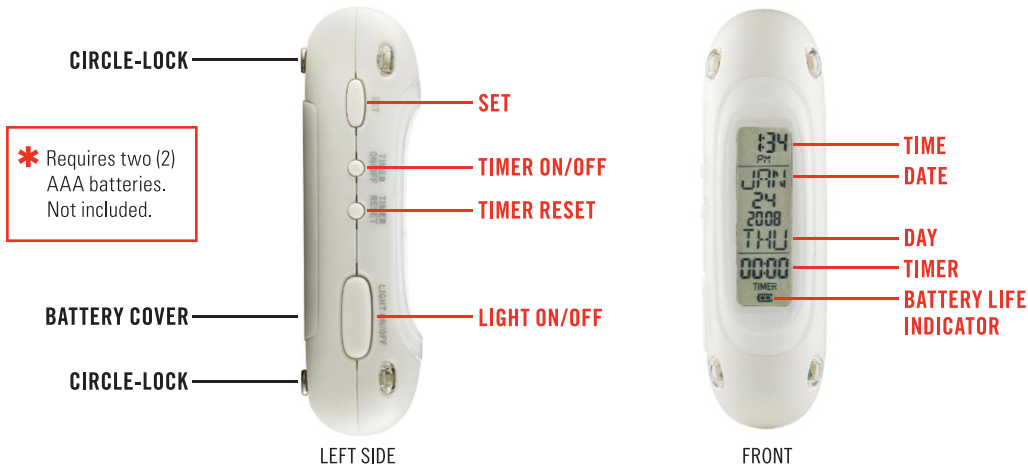


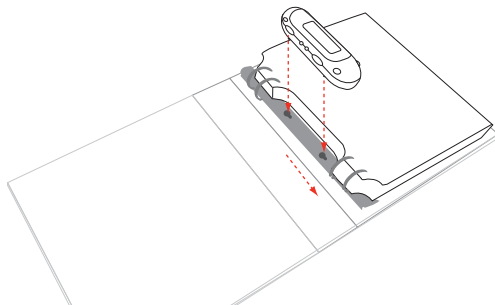
# SKIP\*HOP® DAY TO NIGHT BABY LOG

# TIME CAPSULE INSTRUCTIONS



### TO INSTALL TIME CAPSULE:

1. Remove sticker from front of LCD screen.
2. Open Battery Cover (on back) and insert two AAA batteries as indicated and replace Cover.
3. With the Day to Night Baby Log open, locate the two holes in the center of the metal binder. These can be found between the paper rings.
4. Align two metal Circle-Locks on back of Time Capsule with two holes in metal binder. Gently push down and slide Capsule toward bottom of Baby Log to lock.



### TIME CAPSULE 1-YEAR WARRANTY

Please write:                      Or call:  
 Customer Service                877-4-SKIPHOP  
 146 W 29th St 8th Fl            Or visit:  
 New York, NY 10001            www.skiphop.com

### TO SET TIME AND DATE:

1. Press the Set button. Hour indicator will begin blinking.
2. To increase the Hour, press Timer On/Off button.
3. To decrease the Hour, press Timer Reset button.
4. Press the Set button repeatedly to scroll to the Minute, Month, Date, and Year. Repeat steps 2 and 3 as needed to increase and decrease each setting.
5. When finished, simply wait 5 seconds for blinking to stop.

### TO USE TIMER:

1. Press Timer On/Off button to start timer.
2. Press Timer On/Off button to stop timer.
3. If desired, press Timer On/Off to restart timer.
4. Press Timer Reset button to return timer to 0:00.

### TO ILLUMINATE TIME CAPSULE:

Press Light On/Off button. To turn light off, press Light On/Off button again. PLEASE NOTE: Time Capsule lights do not turn off automatically; remember to manually turn the light off.

### TO CLEAN TIME CAPSULE:

Lightly buff the screen with a soft cloth.  
 DO NOT immerse in water or use solvents.

**SAVE THESE INSTRUCTIONS IN BACK OF BABY LOG.  
 SEE REVERSE FOR SAMPLE BABY LOG PAGE ENTRIES.**

MON **TUE** WED THU FRI SAT SUN

DATE *February 10, 2009*

TIME	feeding			changing		sleeping	
	nursing		bottle amount	diaper		asleep	awake
	left	right		pee	poo		
4am			4 oz.				
7am							✓
7:15am	10 mins						
7:45am		12 mins		✓	✓		
9:45am							
10:00am				✓			
10:30am						✓	
12:00pm							✓
12:05pm				✓	✓		
12:20pm	15 mins						
2:35pm						✓	
4:00pm		15 mins					✓
4:15pm							
4:30pm							
8:00pm	12 mins						
9:00pm		15 mins					
11:00pm							
11:30pm							

**DATE**  
Use one page per day. The day marker helps you keep your place

**TIME**  
Use one line per feeding/changing/sleeping.

**FEEDING**  
Record breast feedings in minutes and bottle feedings in ounces or milliliters.

**CHANGING**  
Keep track of daily changes.

**SLEEPING**  
A place to record naps and sleep time.

**NOTES**

*Baby rolled over for the first time today!*