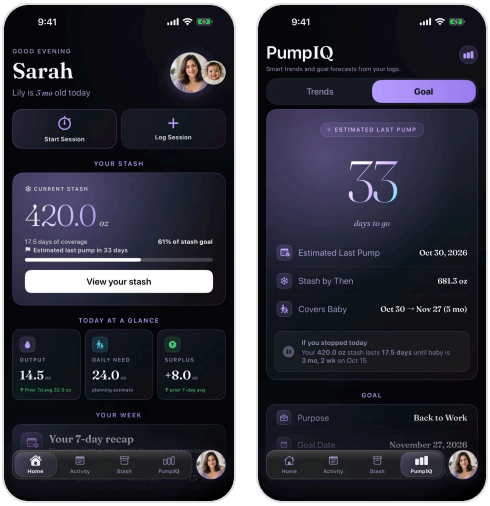
PumpPal

A breast pump tracker for iPhone and Apple Watch

What it does

- **Times and logs each pump** with left and right amounts, from iPhone, Apple Watch or a widget.
- **Tracks the freezer stash** and daily output, with simple trends over time.
- **Power pump timer** runs the one-hour routine (20 on, 10 rest, 10 on, 10 rest, 10 on) and alerts at each change.
- **Planning estimate:** from her stash, output and baby's intake, an estimate of how long the stash may last and when she could stop pumping.
- **Brings history along** from another tracker with a spreadsheet (CSV) import.



Private by design

- No account and no sign-up. Pumping data stays on her iPhone.
- No ads and no analytics.

First 50 pumps free. After that, a single one-time unlock of $14.99. No subscription, no automatic charges.

Scan to get PumpPal on the App Store or visit mypumppal.com

For lactation professionals

- Free full-unlock codes are available for your clients. Email hello@mypumppal.com.
- Feedback on what is missing or unclear is very welcome; PumpPal is made by one independent developer.

PumpPal is a tracking and planning tool. It does not give medical advice; estimates come from the numbers entered and are for planning only. Requires iPhone with iOS 17 or later; Apple Watch app needs watchOS 10 or later. Questions: hello@mypumppal.com. © 2026 Neue School Creative LLC. App screens show demo data.