

PREGNANCY JOURNEY

MILESTONE TRACKER

Due Date: _____

Doctor: _____

DONE	WEEK	MILESTONE / TASK
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FIRST TRIMESTER

	Week 4-5	Pregnancy Confirmation / Home Test
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	Week 8	First Prenatal Appointment & Ultrasound
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	Week 10-12	Genetic Screening (NIPT) / Hear Heartbeat
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SECOND TRIMESTER

	Week 14	Start Nursery Planning / Gender Reveal (optional)
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	Week 18-20	Anatomy Scan Ultrasound
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	Week 22	First Fetal Movements (Quickening)
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DONE	WEEK	MILESTONE / TASK
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	Week 24-28	Glucose Tolerance Test
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THIRD TRIMESTER

	Week 30	Finalize Baby Registry / Baby Shower
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	Week 34	Pack Hospital Bag & Install Car Seat
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	Week 36	Group B Strep Test / Weekly Checkups Begin
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	Week 40	Estimated Due Date / Arrival
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Personal Notes & Memories: