

PREGNANCY MILESTONES

A Week-by-Week Journey

FIRST TRIMESTER (Weeks 1-12)

WEEK	DEVELOPMENTAL MILESTONE	BABY SIZE	DONE
Week 4	Implantation complete; positive test possible.	<i>Poppy Seed</i>	
Week 8	Heartbeat detectable via ultrasound.	<i>Raspberry</i>	
Week 12	Reflexes develop; kidneys begin working.	<i>Lime</i>	

SECOND TRIMESTER (Weeks 13-27)

Week 16	Gender may be visible; nervous system active.	<i>Avocado</i>	
Week 20	Anatomy scan; "Quickening" (feeling movement).	<i>Banana</i>	
Week 24	Viability milestone; lungs begin to develop.	<i>Cantaloupe</i>	

THIRD TRIMESTER (Weeks 28-40+)

Week 28 Eyes open and close; dream sleep occurs. *Eggplant*

Week 32 Practice breathing; immune system transfer. *Squash*

Week 37 Early Full Term; baby drops into pelvis. *Swiss Chard*

Week 40 Estimated Due Date. *Pumpkin*

PERSONAL NOTES & APPOINTMENTS