

# PREGNANCY JOURNEY TRACKER

Due Date:

Doctor/Midwife:

Hospital:

WEEK	DEVELOPMENTAL MILESTONE	CHECKLIST / ACTION ITEM
------	-------------------------	-------------------------

## First Trimester: The Beginning

Week 4-5	Implantation occurs; heart begins to form.	Confirm with test / Start prenatal vitamins
----------	--	---

Week 8	Major organs and limbs beginning to develop.	First prenatal appointment / Ultrasound
--------	--	---

Week 12	Fingernails and reflexes develop.	Screening tests / Share the news
---------	-----------------------------------	----------------------------------

## Second Trimester: Growth & Movement

Week 16	Baby can make sucking motions; nervous system growing.	Plan nursery / Research child care
---------	--	------------------------------------

<b>WEEK</b>	<b>DEVELOPMENTAL MILESTONE</b>	<b>CHECKLIST / ACTION ITEM</b>
Week 20	Halfway point; baby can swallow.	Anatomy scan / Identify "Quickening"
Week 24	Viability milestone; taste buds develop.	Glucose screening / Register for classes
<b>Third Trimester: The Final Stretch</b>		
Week 28	Eyes open; baby begins to practice breathing.	Track kick counts / TDAP vaccine
Week 32	Bones are fully formed but soft.	Pack hospital bag / Install car seat
Week 36	Lungs nearly mature; baby drops into pelvis.	Group B Strep test / Weekly checkups
Week 40	Full term; ready for birth.	Final preparations / Rest & Hydrate

### PERSONAL NOTES & MEMORIES

Record symptoms, cravings, or special moments here...