

FIRST TRIMESTER TRACKER

Weeks 1 - 12

Due Date:

Provider:

Wk 4-5 Positive test & confirm pregnancy with provider

Wk 6-7 Fetal heartbeat detectable via ultrasound

Wk 8 Major organs (heart, brain, lungs) begin forming

Wk 10 Non-Invasive Prenatal Testing (NIPT) window opens

Wk 12 Nuchal Translucency (NT) Scan & end of trimester

Personal Notes & Symptoms