

# PREGNANCY MILESTONE TRACKER

Health, Wellness & Development Journey

Name:

Due Date:

PHASE	KEY MILESTONES & WELLNESS CHECKS	DATE / STATUS
<b>1st Trimester</b> (Weeks 1-12)	Confirmation Appointment	
	Start Prenatal Vitamins	
	Genetic Screening Options	
	First Ultrasound (Dating)	
<b>2nd Trimester</b> (Weeks 13-27)	Anatomy Scan (20 Weeks)	
	Feel First Movements	
	Glucose Screening	
	Blood Pressure Check	
<b>3rd Trimester</b> (Weeks 28-40)	Group B Strep Test	
	Hospital Bag Packed	
	Birth Plan Finalized	
	Weekly Wellness Checkups	

Additional Health Notes / Questions for Provider:

