

PREGNANCY MILESTONES

NAME: _____ DUE DATE: _____

FIRST TRIMESTER

Positive Pregnancy Test
First Prenatal Appointment
Heard Heartbeat for the First Time

SECOND TRIMESTER

First "Flutter" Kicks (Quickening)
Anatomy Scan Ultrasound
Found out Baby's Gender (Optional)
Viability Milestone (24 Weeks)

THIRD TRIMESTER

Nursery Completed
Hospital Bag Packed
Final Prenatal Visit
Birth Day
Minimalist Keepsake Template