

# PREGNANCY MILESTONE TRACKER

Patient Name:

Due Date:

## First Trimester (Weeks 1-12)

STATUS	WEEK	MILESTONE DESCRIPTION
	Week 4-5	Pregnancy Confirmation / First Doctor's Visit
	Week 8	First Ultrasound & Heartbeat Detection
	Week 12	End of Nausea Phase / Screening Tests

## Second Trimester (Weeks 13-27)

	Week 16-20	Gender Reveal / Anatomy Scan
	Week 20	"Quickening" (First Fetal Movements)
	Week 24	Glucose Tolerance Screening

## Third Trimester (Weeks 28-40+)

	Week 30	Nursery Preparation / Baby Shower
	Week 36	Hospital Bag Packed / Group B Strep Test

Week 40

Arrival Milestone / Birth Day

Personal Notes & Observations: