

PREGNANCY JOURNEY

Name: _____

Due Date: _____

DONE	WEEK	MILESTONE DESCRIPTION	DATE
First Trimester			
	Week 4-5	Pregnancy Confirmed	_____
	Week 8	First Prenatal Appointment	_____
	Week 10	Heard Heartbeat	_____
Second Trimester			
	Week 16	First Tiny Kicks (Quickening)	_____
	Week 20	Anatomy Ultrasound Scan	_____
	Week 24	Viability Milestone	_____
Third Trimester			
	Week 28	Glucose Screening Test	_____

DONE	WEEK	MILESTONE DESCRIPTION	DATE
	Week 32	Nursery Room Completed	_____
	Week 36	Hospital Bag Packed	_____
	Week 40	Estimated Due Date	_____

Personal Reflections & Notes...