

PRENATAL MILESTONE TRACKER

Patient Name: _____

Due Date: _____

STATUS	WEEK	MILESTONES & FOCUS	DATE / NOTES
	8 - 10	Initial Visit: Ultrasound, blood work, medical history.	
	11 - 13	Genetic Screening: Nuchal translucency scan, NIPT testing.	
	16 - 20	Anatomy Scan: Detailed ultrasound, fetal growth check.	
	24 - 28	Glucose Test: Gestational diabetes screening, Rh factor.	
	30 - 34	Growth Check: Tdap vaccination, bi-weekly checks begin.	
	36	Group B Strep: Swab test, position check.	
	37 - 40	Final Countdown: Weekly cervix checks, birth plan review.	

* This chart is for informational tracking only. Consult your healthcare provider for medical advice.