

# PREGNANCY JOURNEY

## Milestone Tracker & Medical Log

Expected Due Date: \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

TIMELINE	KEY MILESTONE	DATE COMPLETED
<b>First Trimester (Weeks 1-12)</b>		
Week 4 - 6	Pregnancy Confirmation	_____
Week 8 - 10	First Prenatal Appointment / Ultrasound	_____
Week 11 - 13	Genetic Screening (Optional)	_____
<b>Second Trimester (Weeks 13-26)</b>		
Week 16 - 20	Anatomy Scan Ultrasound	_____
Week 18 - 22	First Movements Felt ("Quickening")	_____
Week 24 - 28	Glucose Challenge Test	_____

**TIMELINE**

**KEY MILESTONE**

**DATE COMPLETED**

**Third Trimester (Weeks 27-40+)**

Week 28 - 32

Birth Plan Finalized

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Week 36

Group B Strep (GBS) Test

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Week 37+

Hospital Bag Packed

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*Additional Observations and Questions for Provider...*  
Professional Milestone Tracker Template