

# PREGNANCY MILESTONES

A Journey to Parenthood

Due Date:

Baby's Name / Nickname:

WEEK	MILESTONE / TASK	DATE COMPLETED
First Trimester (Weeks 1-12)		
4-6	Positive Pregnancy Test	
8-10	First Prenatal Appointment	
10-12	Hear Heartbeat for first time	
Second Trimester (Weeks 13-27)		
14-16	Start showing a "Baby Bump"	
18-22	Anatomy Scan / Gender Reveal	
20-24	Feel first "Flutter" or Kicks	
26-27	Glucose Screening Test	
Third Trimester (Weeks 28-40+)		

WEEK	MILESTONE / TASK	DATE COMPLETED
28-32	Choose Pediatrician / Nursery Ready	
34-36	Hospital Bag Packed	
37-39	Install Car Seat	
40+	Welcome Baby!	

Personal Notes & Memories: