

THIRD TRIMESTER MILESTONES

Week 28 - Birth Due Date: _____

Done	Milestone Task	Notes / Date completed
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MEDICAL & HEALTH

	Glucose Screening	<i>Confirm completion of follow-up tests...</i>
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	Group B Strep Test	<i>Typically scheduled weeks 36-37...</i>
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	TDAP Vaccination	<i>Boost maternal antibodies...</i>
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PLANNING & PREPARATION

	Hospital Bag Packed	<i>Essentials for parent and baby...</i>
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	Car Seat Installation	<i>Inspected and ready for discharge...</i>
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	Pediatrician Selected	<i>Contact info added to phone...</i>
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THE FINAL STRETCH

	Birth Plan Finalized	<i>Discussed with OB/Midwife...</i>
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Done	Milestone Task	Notes / Date completed
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	Nursery/Sleep Space Set	
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		<i>Safe sleep environment prepared...</i>
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	Postpartum Meal Prep	
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		<i>Freezer stocked or meal train set...</i>
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Monitor fetal movement daily. Contact your healthcare provider immediately if you notice significant changes.