

TWIN PREGNANCY MILESTONE TRACKER

Expected Due Date: _____

Babies' Gender: _____

WEEK	DEVELOPMENTAL MILESTONE	PERSONAL NOTES	DONE
Week 8	First Ultrasound: Confirming two heartbeats.		
Week 12	Nuchal Translucency screening; risk assessment.		
Week 16	Beginning of bi-weekly cervical checks (MoDi twins).		
Week 20	Anatomy Scan: Reviewing organs for both babies.		
Week 24	Viability Milestone; Glucose tolerance test.		

WEEK	DEVELOPMENTAL MILESTONE	PERSONAL NOTES	DONE
Week 28	Setting up the double nursery; Hospital bag packed.		
Week 32	Growth scan; Weekly BPP (Biophysical Profile) starts.		
Week 36+	Final stretch; Monitoring for scheduled delivery.		