

ULTIMATE PREGNANCY MILESTONE TRACKER

FIRST TRIMESTER (WEEKS 1-12)

Positive Pregnancy Test
First Prenatal Appointment
Hear Heartbeat (Ultrasound)
Announce to Partner
Morning Sickness Peaks
Start Prenatal Vitamins

SECOND TRIMESTER (WEEKS 13-26)

Gender Reveal / Discovery
First Fetal Movement (Quickening)
Anatomy Scan (20 Weeks)
The "Bump" Becomes Visible
Energy Levels Return
Start Baby Registry

THIRD TRIMESTER (WEEKS 27-40+)

Glucose Screening Test
Baby Shower Celebration
Nursery Room Finished
Hospital Bag Packed
First Contractions
Due Date Reached

PERSONAL REFLECTIONS & NOTES

Name: _____ Due Date: ____ / ____ / ____