

PREGNANCY GROWTH TRACKER

Documenting the journey from poppy seed to watermelon

DUE DATE
__ / __ / ____
CURRENT WEEK
Week ____
BABY'S NAME

WEEK	TRIMESTER	SIZE REFERENCE	MAJOR MILESTONE
8	1st	<i>Raspberry</i>	Webbed fingers and toes forming
12	1st	<i>Lime</i>	Reflexes develop; baby can open hands
16	2nd	<i>Avocado</i>	Eyes can move; heart pumps 25qt/day
20	2nd	<i>Banana</i>	Anatomy scan; baby can swallow
24	2nd	<i>Corn Cob</i>	Viability reached; lungs develop branches
28	3rd	<i>Eggplant</i>	Eyes open and close; eyelashes present
32	3rd	<i>Squash</i>	Practicing breathing movements

WEEK	TRIMESTER	SIZE REFERENCE	MAJOR MILESTONE
36	3rd	<i>Papaya</i>	Gaining 0.5lb per week; brain grows fast
40	3rd	<i>Pumpkin</i>	Full term; ready to meet the world

Notes: _____