

PREGNANCY JOURNEY

Milestone Record & Keepsake

Due Date: _____

Baby's Nickname: _____

MILESTONE	WEEK / DATE	MOMENTS & MEMORIES
-----------	-------------	--------------------

First Trimester: The Beginning

Positive Test _____

.....

First Prenatal Visit _____

.....

First Ultrasound _____

.....

Heartbeat Heard _____

.....

Second Trimester: Finding Glow		
--------------------------------	--	--

First Flutters
(Quickening) _____

.....

Anatomy Scan _____

.....

MILESTONE	WEEK / DATE	MOMENTS & MEMORIES
-----------	-------------	--------------------

Gender Reveal
(Optional)

.....

Visible "Bump"

.....

Third Trimester: The Countdown

Nursery Ready

.....

Hospital Bag Packed

.....

Birth Plan Finalized

.....

Labor Begins

.....

SPECIAL NOTES TO LITTLE ONE: