

PREGNANCY JOURNEY CHECKLIST

A Week-by-Week Guide & Milestone Tracker

FIRST TRIMESTER (Weeks 1-12)

- Confirm pregnancy & calculate due date
- Start prenatal vitamins (Folic Acid)
- First prenatal appointment & ultrasound
- Nuchal Translucency (NT) screening
- Review lifestyle & dietary changes

SECOND TRIMESTER (Weeks 13-26)

- Anatomy scan ultrasound (20 weeks)
- Feel first baby movements ("quickening")
- Glucose challenge test (Diabetes screening)
- Start nursery planning & baby registry
- Dental check-up

THIRD TRIMESTER (Weeks 27-40)

- Take childbirth & breastfeeding classes
- Finalize birth plan & hospital bag
- Group B Strep (GBS) test
- Install and inspect infant car seat
- Pre-register at the hospital/birthing center

Personal Notes:

Consult with your healthcare provider for specific medical advice.