

PREGNANCY JOURNEY

A Visual Timeline of Growth & Development

FIRST TRIMESTER: THE BEGINNING

WEEK	SIZE COMPARISON	KEY DEVELOPMENT	DATE / NOTES
Week 4	<i>Poppy Seed</i>	Implantation occurs; blastocyst becomes an embryo.	
Week 8	<i>Raspberry</i>	Webbed fingers and toes; heart begins to beat steadily.	
Week 12	<i>Lime</i>	Reflexes develop; kidneys begin producing urine.	

SECOND TRIMESTER: THE GOLDEN PERIOD

Week 16	<i>Avocado</i>	Eyes can move side to side; scalp hair patterns form.	
Week 20	<i>Banana</i>	Halfway point; "Quickening" (fetal movement) felt.	
Week 24	<i>Corn Ear</i>	Taste buds develop; lungs begin forming branches.	

THIRD TRIMESTER: THE HOME STRETCH

Week 28	<i>Eggplant</i>	Eyes open and blink; eyelashes are fully grown.
Week 32	<i>Squash</i>	Practicing breathing; bones fully formed but soft.
Week 36	<i>Romaine Lettuce</i>	Baby drops into the pelvis; rapid weight gain.
Week 40	<i>Watermelon</i>	Full term; ready to meet the world.

EVERY JOURNEY IS UNIQUE. CONSULT YOUR DOCTOR FOR INDIVIDUAL
PROGRESS.