

# PREGNANCY MILESTONE TRACKER

Week

Milestone / Task

Completed

## First Trimester

**04-06**

First Prenatal Appointment & Confirmation

**08-10**

Dating Ultrasound & Hearing Heartbeat

## Second Trimester

**16-20**

Anatomy Scan & Gender Reveal (Optional)

**20-22**

Feeling First Fetal Movements ("Quickening")

**24-28**

Glucose Screening & Nursery Planning

## Third Trimester

**28-32**

Finalize Pediatrician & Birth Plan

**34-36**

Pack Hospital Bag & Group B Strep Test

**37-40**

Weekly Check-ups & Final Prep

*"Enjoy every moment of the journey."*