

PREGNANCY JOURNEY

NAME: _____ DUE DATE: _____

WEEK	DATE	WEIGHT/BP	SYMPTOMS & MOOD	MILESTONES
08	___ / ___	_____	_____	<i>First Ultrasound</i>
12	___ / ___	_____	_____	<i>End of 1st Trimester</i>
20	___ / ___	_____	_____	<i>Anatomy Scan / Gender</i>
24	___ / ___	_____	_____	<i>Viability Milestone</i>
28	___ / ___	_____	_____	<i>Glucose Testing</i>
32	___ / ___	_____	_____	<i>Baby is size of squash</i>
36	___ / ___	_____	_____	<i>Weekly check-ups begin</i>

WEEK DATE WEIGHT/BP SYMPTOMS & MOOD MILESTONES

40 ___ / ___ _____ _____ *Estimated Due Date*

DAILY VITAMINS: M T W T F S S

Special moments, kicks, or questions for the doctor...