

PREGNANCY JOURNEY

FIRST TRIMESTER

WEEK	FOCUS & MILESTONES	DONE
Wk 04	Positive test & start prenatal vitamins	
Wk 08	First prenatal appointment & ultrasound	
Wk 12	End of 1st trimester; share the news	

SECOND TRIMESTER

Wk 16	Start nursery planning & maternity wardrobe	
Wk 20	Anatomy scan & gender reveal (optional)	
Wk 24	Glucose screening & baby shower registry	

THIRD TRIMESTER

Wk 28	Start kick counts & birthing classes	
Wk 34	Pack hospital bag & install car seat	
Wk 38	Final meal prep & rest	

THE JOURNEY BEGINS