

# PREGNANCY JOURNEY

*Milestone & Goal Tracker*

## **FIRST TRIMESTER**

Confirmation Appointment

Prenatal Vitamin Routine

First Ultrasound

Hear Heartbeat

Announcement Plan

Daily Hydration Goal

## **SECOND TRIMESTER**

Anatomy Scan

First Kicks Felt

Nursery Theme Selection

Glucose Screening

Maternity Wardrobe

Baby Registry Started

## **THIRD TRIMESTER**

Hospital Bag Packed

Pediatrician Selected

Birth Plan Drafted

Car Seat Installation

Nursery Ready
Postpartum Prep

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**PERSONAL INTENTIONS & NOTES**