

PREGNANCY JOURNEY

Milestone Organization Chart

Week
Milestone / Appointment
Date
Done

FIRST TRIMESTER

04 - 08

First Prenatal Appointment & Confirmation

10 - 12

NIPT Screening / Genetic Testing (Optional)

12

First Ultrasound (Dating Scan)

SECOND TRIMESTER

16 - 20

Anatomy Ultrasound / Gender Reveal

20

Feel First Movements ("Quickening")

24 - 28

Glucose Challenge Test (Gestational Diabetes)

THIRD TRIMESTER

30 - 32

Finalize Birth Plan & Hospital Tour

35 - 37

Group B Strep Test & Pediatrician Selection

38 - 40

Pack Hospital Bag & Installation of Car Seat

PERSONAL NOTES & REFLECTIONS