

# PRENATAL JOURNEY

## Milestone Summary Chart

Due Date: \_\_\_\_\_ Provider: \_\_\_\_\_

PHASE	KEY MILESTONES & ASSESSMENTS	PERSONAL NOTES
<b>Trimester 1</b> (Wk 1-12)	<ul style="list-style-type: none"><li>• Confirmation Ultrasound</li><li>• NIPT / Genetic Screening</li><li>• Listen to Heartbeat (Doppler)</li><li>• Morning Sickness Peak</li></ul>	<i>First emotions, energy levels...</i>
<b>Trimester 2</b> (Wk 13-26)	<ul style="list-style-type: none"><li>• Anatomy Scan (20 Weeks)</li><li>• First Felt Movement (Quickening)</li><li>• Glucose Tolerance Test</li><li>• Gender Reveal (Optional)</li></ul>	<i>Cravings, movement notes...</i>
<b>Trimester 3</b> (Wk 27-40)	<ul style="list-style-type: none"><li>• Group B Strep Test</li><li>• Birth Plan Finalization</li><li>• Hospital Bag Packed</li><li>• Baby Drops / Lightening</li></ul>	<i>Preparations, nursery progress...</i>
<b>Arrival</b>	<ul style="list-style-type: none"><li>• Labor Start Time</li><li>• Delivery Date &amp; Time</li><li>• Birth Weight &amp; Length</li></ul>	<i>First moments...</i>

PERSONAL USE TEMPLATE • KEEP AS A CHERISHED MEMORY