

# PREGNANCY MILESTONES

A Journey Toward New Life

Name: \_\_\_\_\_

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

<b>Stage</b>	<b>Week</b>	<b>Milestone</b>	<b>Date Achieved</b>
<b>1ST</b>	4 - 5	Positive Pregnancy Test	_____
<b>1ST</b>	8	First Prenatal Visit	_____
<b>1ST</b>	10	First Ultrasound / Heartbeat	_____
<b>2ND</b>	14	Start of Second Trimester	_____
<b>2ND</b>	18 - 20	First Tiny Kicks (Quickening)	_____
<b>2ND</b>	20	Anatomy Scan / Gender Reveal	_____
<b>3RD</b>	28	Start of Third Trimester	_____
<b>3RD</b>	32	Nursery Setup Complete	_____

<b>Stage</b>	<b>Week</b>	<b>Milestone</b>	<b>Date Achieved</b>
<b>3RD</b>	36	Hospital Bag Packed	_____
<b>BIRTH</b>	37 - 42	Baby's Arrival	_____

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Heartfelt Notes