

PREGNANCY MILESTONES

Comprehensive Planning & Tracking Chart

Due Date: _____
Provider: _____

	TIMELINE	KEY MILESTONES & TASKS	COMPLETED
FIRST TRIMESTER	Weeks 4 - 8	Confirm pregnancy; Schedule initial prenatal visit; Start prenatal vitamins.	
	Weeks 9 - 12	First Ultrasound (Dating scan); NIPT Screening (optional); Hydration plan.	
	Week 13	Announce pregnancy; Begin moisturizing skin; Review maternity leave policy.	
SECOND TRIMESTER	Weeks 14 - 20	Anatomy Scan (20wk); Start nursery planning; Feel first movements (Quickening).	
	Weeks 21 - 24	Glucose Screening test; Register for birth classes; Finalize baby registry.	
	Weeks 25 - 27	Pediatrician interviews; Baby shower planning; Plan maternity photoshoot.	
THIRD TRIMESTER	Weeks 28 - 34	Group B Strep test; Install car seat; Pack hospital bag; Birth plan finalized.	
	Weeks 35 - 38	Weekly check-ups begin; Meal prepping; Wash baby clothes/linens.	

TIMELINE	KEY MILESTONES & TASKS	COMPLETED
Weeks 39 - 40+	Monitor kick counts; Final rest period; Review postpartum care plan.	

MEDICAL NOTES & QUESTIONS FOR PROVIDER