

TRIMESTER MILESTONE TRACKER

Journey to Parenthood

FIRST TRIMESTER WEEKS 1 - 12

Confirm Pregnancy

First Prenatal Appointment

Hear Heartbeat

Start Prenatal Vitamins

Morning Sickness Management

First Trimester Screening

SECOND TRIMESTER WEEKS 13 - 26

Anatomy Ultrasound

Feel First Kick (Quickening)

Gender Reveal (Optional)

Glucose Screening Test

Start Baby Registry

Maternity Clothes Shopping

THIRD TRIMESTER WEEKS 27 - 40

Childbirth Classes

Pack Hospital Bag

Install Car Seat

Choose Pediatrician

Final Nursery Prep

Group B Strep Test

REFLECTIONS & MEMORIES