

# PREGNANCY JOURNEY

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

WEEK	DATE	WEIGHT/MOOD	MILESTONES & MEMORIES
04	___/___	_____	Found out today! Feeling: _____
08	___/___	_____	First Ultrasound. Size of a raspberry.
12	___/___	_____	End of first trimester. Heartbeat heard.
16	___/___	_____	Feeling small flutters (quickening).
20	___/___	_____	Anatomy scan. Halfway there!
24	___/___	_____	_____
28	___/___	_____	Third trimester begins.
32	___/___	_____	_____

**WEEK**    **DATE**    **WEIGHT/MOOD**    **MILESTONES & MEMORIES**

**36**    \_\_\_\_ / \_\_\_\_    \_\_\_\_\_    Hospital bag packed.

**40**    \_\_\_\_ / \_\_\_\_    \_\_\_\_\_    Any day now...

*Personal use only. Documenting the path to motherhood.*