

# PREGNANCY JOURNEY: MILESTONE TRACKER

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

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

Provider: \_\_\_\_\_

Blood Type: \_\_\_\_\_

## TIMELINE

## KEY MILESTONES & TESTS

## NOTES / VITALS

### FIRST TRIMESTER (WEEKS 1 - 13)

Weeks 8-10  
Confirmation Ultrasound  
Initial Blood Panel / NIPT Opt-in  
Health History Review

Weeks 11-13  
Nuchal Translucency Screen  
Genetic Screening Results

### SECOND TRIMESTER (WEEKS 14 - 27)

Weeks 18-22  
Anatomy Scan Ultrasound  
Fetal Movement (Quickening)

Weeks 24-28  
Glucose Challenge Test (GCT)  
Rhogam Injection (if Rh-)

TIMELINE	KEY MILESTONES & TESTS	NOTES / VITALS
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**THIRD TRIMESTER (WEEKS 28 - 40+)**

Weeks  
28-34

Tdap Vaccination  
Bi-weekly Check-ins Start

Weeks  
35-37

Group B Strep (GBS) Swab  
Growth Scan / Position Check

Weeks  
38-40

Weekly Cervical Checks  
Birth Plan Finalization

Additional Provider Instructions or Questions for Next Visit: