

PREGNANCY MILESTONE CHECKLIST

A minimalist guide for your maternity journey

First Trimester (Weeks 1-12)

Confirm pregnancy & calculate due date

W 4-6

Start prenatal vitamins with folic acid

W 4+

First prenatal appointment & bloodwork

W 8-12

Second Trimester (Weeks 13-27)

Anatomy scan ultrasound

W 18-22

Start feeling first fetal movements ("quickening")

W 16-24

Glucose screening for gestational diabetes

W 24-28

Third Trimester (Weeks 28-40)

Finalize birth plan & hospital bag

W 32-35

Group B Strep (GBS) screening

W 36

Weekly cervical checks & monitoring

W 37-40

PERSONAL NOTES / APPOINTMENTS: