

PREGNANCY HEALTH JOURNEY

Milestone & Appointment Tracker

Patient Name:

Due Date:

Healthcare Provider:

Hospital/Clinic:

DONE	WEEK	MILESTONE / TEST	NOTES & VITALS (WEIGHT/BP)
First Trimester			
	8 - 10	Initial Dating Ultrasound	
	11 - 13	Nuchal Translucency / NIPT	
Second Trimester			
	18 - 22	Anatomy Scan	
	24 - 28	Glucose Screening (GTT)	
Third Trimester			

DONE	WEEK	MILESTONE / TEST	NOTES & VITALS (WEIGHT/BP)
	28 - 32	Rh Factor / Tdap Vaccine	
	36	Group B Strep (GBS) Test	
	38 - 40	Cervical Check / Birth Plan Review	

Note: This chart is for personal tracking purposes and does not replace professional medical advice.