

PREGNANCY JOURNEY

Due Date:

Provider:

WEEK / PHASE	MILESTONE & APPOINTMENT FOCUS	PERSONAL NOTES
First Trimester		
Weeks 8 - 10	Initial Ultrasound / Confirmation	
Weeks 11 - 13	Genetic Screening / Nuchal Scan	
Second Trimester		
Week 16	Routine Check-up / Fetal Heartbeat	
Weeks 18 - 22	Anatomy Scan (Mid-Pregnancy)	
Weeks 24 - 28	Glucose Screening / Rh Antibody	

**WEEK /
PHASE**

**MILESTONE &
APPOINTMENT FOCUS**

PERSONAL NOTES

Third Trimester

Week 28 - 32 Start Bi-Weekly Appointments

Week 36 Group B Strep (GBS) Test

Weeks 37 - 40 Weekly Cervical Checks / Birth
Plan

Week 40+ Arrival & Delivery