

PREGNANCY WELLNESS TRACKER

Name: _____

Due Date: _____

WEEK	DEVELOPMENT MILESTONE	WELLNESS FOCUS
Week 8	Major organs beginning to form	Prenatal Vitamins
Week 12	First trimester screening	Hydration Habit
Week 16	Baby can sense light	Gentle Movement
Week 20	Anatomy Scan / Halfway point	Posture & Stretching
Week 24	Viability Milestone	Glucose Screening
Week 28	Third trimester begins	Iron-rich Nutrition
Week 32	Practice breathing/sucking	Hospital Bag Prep
Week 36	Rapid weight gain phase	Perineal Massage
Week 40	Full Term	Rest & Relaxation