

PREGNANCY JOURNEY & MILESTONES

Due Date: _____ Provider: _____

WEEK	TYPICAL MILESTONE	DATE	APPOINTMENT NOTES
FIRST TRIMESTER			
08	First Prenatal Visit / Ultrasound		
12	NT Scan / NIPT Testing		
SECOND TRIMESTER			
16	Routine Check-up / Fetal Doppler		
20	Anatomy Scan / Gender Reveal		
24	Glucose Screening Prep		
28	Rh Factor / Glucose Test		

WEEK	TYPICAL MILESTONE	DATE	APPOINTMENT NOTES
THIRD TRIMESTER			
32	Growth Tracking / Bi-weekly starts		
36	Group B Strep Test / Weekly starts		
38	Cervical Check / Birth Plan Review		
40	Estimated Due Date		