

Pregnancy Journey

A Week-by-Week Milestone Guide

First Trimester (Weeks 1-12)

WEEK	SIZE COMPARISON	MAJOR DEVELOPMENT	DONE
4	Poppy Seed	Implantation occurs; blastocyst becomes an embryo.	
8	Raspberry	Heart begins to beat; webbed fingers and toes form.	
12	Lime	All major organs formed; baby begins to make movements.	

Second Trimester (Weeks 13-27)

16	<i>Avocado</i>	Baby can make a fist; eyes can move slightly.	
20	Banana	Anatomy scan; "Quickening" (feeling first movements).	
24	Cantaloupe	Viability milestone; lungs begin to produce surfactant.	

Third Trimester (Weeks 28-40+)

28	<i>Eggplant</i>	Eyes open and close; eyelashes have grown.	
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32	Squash	Baby practices breathing; bones fully developed but soft.
37	Swiss Chard	Early term; baby is dropping lower into the pelvis.
40	Pumpkin	Full term; final lung and brain development.

*Consult with your healthcare provider for personalized medical advice.