

# PREGNANCY SYMPTOMS TRACKER

A Week-by-Week Guide to Physical & Hormonal Changes

WEEK	COMMON SYMPTOMS & CHANGES	FOCUS AREA
1 - 4	Missed period, light spotting (implantation), fatigue, breast tenderness, bloating.	Hormonal Shift
5 - 8	Morning sickness, frequent urination, mood swings, heightened sense of smell, food aversions.	Organogenesis
9 - 12	Nausea peaks, visible veins on breasts/abdomen, increased vaginal discharge, headaches.	Placenta Growth
13 - 16	Energy boost, "pregnancy glow," decreased nausea, round ligament pain, nasal congestion.	Golden Phase
17 - 20	Quickening (fetal movement), increased appetite, skin pigmentation (linea nigra), backaches.	Fetal Movement
21 - 27	Leg cramps, stretch marks, Braxton Hicks contractions, swelling of feet/ankles.	Growth Spurt

<b>WEEK</b>	<b>COMMON SYMPTOMS &amp; CHANGES</b>	<b>FOCUS AREA</b>
<b>28 - 32</b>	Shortness of breath, insomnia, heartburn, varicose veins, itchy skin on belly.	Weight Gain
<b>33 - 36</b>	Pelvic pressure, frequent urination returns, nesting instinct, clumsy balance.	Preparation
<b>37 - 40</b>	Loss of mucus plug, lightening (baby drops), intense Braxton Hicks, diarrhea.	Labor Ready