

PREGNANCY JOURNEY

Weekly Body Changes & Milestones

PERSONAL OBSERVATIONS

First Trimester (Weeks 1-12)

- Week 4** Missed period, fatigue, breast tenderness.
- Week 8** Morning sickness, frequent urination, bloating.
- Week 12** Uterus moves above pubic bone; skin changes begin.

Second Trimester (Weeks 13-27)

- Week 16** Visible baby bump, increased appetite, "glow."
- Week 20** Quickening (first movements), backaches, round ligament pain.
- Week 24** Stretch marks, swelling (edema), leg cramps.

PERSONAL OBSERVATIONS

Third Trimester (Weeks 28-40+)

Week 28 Shortness of breath, Braxton Hicks contractions.

Week 32 Heightened fatigue, difficulty sleeping, heartburn.

Week 36 Baby drops (lightening), pelvic pressure, nesting instinct.

Week 40 Cervical effacement/dilation, intense pressure.