

# Pregnancy Exercise Schedule

Weekly Activity & Wellness Tracker

WEEK	SUGGESTED ACTIVITY	WEEKLY FOCUS
<b>First Trimester (Weeks 1-13)</b>		
Weeks 1-4	Brisk walking (30 min), Light stretching	Building consistency & hydration
Weeks 5-8	Prenatal Yoga, Swimming	Managing fatigue & gentle movement
Weeks 9-13	Low-impact aerobics, Pilates	Core stability & pelvic floor awareness
<b>Second Trimester (Weeks 14-27)</b>		
Weeks 14-18	Stationary cycling, Resistance bands	Maintaining muscle tone & posture
Weeks 19-23	Modified strength training (Light weights)	Adapting to center of gravity shifts
Weeks 24-27	Water aerobics, Prenatal Yoga	Joint support & breathing techniques

<b>WEEK</b>	<b>SUGGESTED ACTIVITY</b>	<b>WEEKLY FOCUS</b>
<b>Third Trimester (Weeks 28-40)</b>		
Weeks 28-32	Slow walking, Pelvic tilts, Kegels	Preparation for labor & flexibility
Weeks 33-36	Birth ball exercises, Stretching	Optimal fetal positioning & relaxation
Weeks 37-40	Short walks, Gentle breathing work	Restorative movement & energy conservation

\*Consult with your healthcare provider before starting any new exercise routine.