

PREGNANCY SELF-CARE ROUTINE

Weekly Wellness & Connection Tracker

WEEK	FOCUS	SUGGESTED SELF-CARE	DONE
Weeks 4-8	Gentle Foundation	Morning meditation & prenatal vitamins	
Weeks 9-12	Hydration & Rest	Increase water intake & 20-min afternoon nap	
Weeks 13-16	Movement	Prenatal yoga or 15-minute gentle walk	
Weeks 17-20	Connection	Talk/sing to baby & moisturize growing belly	
Weeks 21-24	Body Comfort	Warm Epsom salt bath & pelvic tilts	
Weeks 25-28	Mindfulness	Journaling thoughts & birth preferences	
Weeks 29-32	Leg Relief	Elevate feet & gentle calf stretches	

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Weeks 33-36	Preparation	Pack hospital bag & practice breathing	
Weeks 37-40+	Final Rest	Daily foot massage & deep relaxation audio	

Note: This is a general template. Always consult with your healthcare provider before starting new routines.