

The Trimester-by-Trimester Pregnancy Checklist

Forty weeks, one small life - print it, check it off, breathe easy.

First Trimester (Weeks 1-13)

- ☐ Book your first prenatal appointment
- ☐ Start a daily prenatal vitamin (ask your provider)
- ☐ Note the date of your last period for your due date
- ☐ Make a list of questions for your first visit
- ☐ Review your medications with your provider
- ☐ Tell the people you want in your corner early
- ☐ Start jotting down how you feel each week

Second Trimester (Weeks 14-27)

- ☐ Schedule the 20-week anatomy scan
- ☐ Decide if and when to share the news more widely
- ☐ Start a baby-name shortlist
- ☐ Research childbirth and feeding classes
- ☐ Begin planning the nursery space
- ☐ Check your maternity-leave options at work
- ☐ Take a bump photo you'll want later
- ☐ Feel for first movements and note the date

Third Trimester (Weeks 28-40)

- ☐ Choose your birth setting and confirm the route there
- ☐ Write a simple birth-preferences note
- ☐ Pack the hospital bag (see list below)
- ☐ Install and check the car seat
- ☐ Wash and sort the first newborn clothes
- ☐ Line up help for the first two weeks home
- ☐ Confirm who to call when labour starts
- ☐ Read back your early-week entries before the day comes

Hospital Bag Essentials

- ☐ ID, insurance card, and your birth-preferences note
- ☐ Phone, charger, and a long charging cable
- ☐ Comfortable going-home outfit for you
- ☐ Toiletries, lip balm, and hair ties
- ☐ Going-home outfit and a blanket for baby
- ☐ Snacks and a refillable water bottle
- ☐ A small list of who to text with the news

Want the whole journey in one keepsake?

Forty Weeks - a week-by-week pregnancy journal & keepsake: a belly log, symptom tracker, milestone pages & a memory prompt every week. On Amazon:

<https://www.amazon.com/dp/B0H4559DZP>