

YOUR PREGNANCY CHECKLIST: WEEK BY WEEK

FIRST TRIMESTER

4 Weeks Pregnant

- ☐ Schedule your first prenatal appointment.
- ☐ Track any pregnancy symptoms.
- ☐ Start taking prenatal vitamins.
- ☐ Quit smoking and alcohol.

5 Weeks Pregnant

- ☐ Learn which foods to avoid.
- ☐ Begin doing kegels.
- ☐ Review health insurance coverage.

6 Weeks Pregnant

- ☐ Rest and take naps.
- ☐ List questions for your provider.
- ☐ Buy pregnancy books.
- ☐ Start a pregnancy journal.

7 Weeks Pregnant

- ☐ Stock up on morning sickness remedies.
- ☐ Buy a large water bottle for hydration.

8 Weeks Pregnant

- ☐ Attend your first prenatal appointment.
- ☐ Swap scented products if they trigger nausea.

9 Weeks Pregnant

- ☐ Schedule CVS and NT scans if opting in.

10 Weeks Pregnant

- ☐ Schedule your 12-week prenatal visit.
- ☐ Consider your budget for baby's first year.

11 Weeks Pregnant

- ☐ Start pregnancy-safe exercises.
- ☐ Find prenatal yoga classes.

12 Weeks Pregnant

- ☐ Attend your 12-week ultrasound.
- ☐ Contact daycare centers about availability.

13 Weeks Pregnant

- ☐ Book your 20-week ultrasound.
- ☐ Review maternity leave policy.
- ☐ Plan how to announce your pregnancy.

SECOND TRIMESTER

14 Weeks Pregnant

- ☐ Make an official pregnancy announcement.

15 Weeks Pregnant

- ☐ Purchase maternity clothes and underwear.

16 Weeks Pregnant

- ☐ Plan your baby shower.
- ☐ Start side-sleeping.
- ☐ Try meditation.

17 Weeks Pregnant

- ☐ Consider planning a babymoon.
- ☐ Join online parenting groups.

18 Weeks Pregnant

- ☐ Create a Spotify playlist for baby.
- ☐ Buy a pregnancy pillow.
- ☐ Brainstorm baby names.

19 Weeks Pregnant

- ☐ Sign up for childbirth classes.
- ☐ Decide if you want to learn baby's sex.

20 Weeks Pregnant

- ☐ Create your baby registry.
- ☐ Get your 20-week ultrasound.

21 Weeks Pregnant

- ☐ Research car seats, strollers and cribs.

22 Weeks Pregnant

- ☐ Book gestational diabetes lab appointment.
- ☐ Consider a maternity photoshoot.

23 Weeks Pregnant

- ☐ Buy a maternity belt.
- ☐ Get a prenatal massage.

24 Weeks Pregnant

- ☐ Add diapers and smaller items to your registry.

25 Weeks Pregnant

- ☐ Check if you qualify for a free breast pump through insurance.
- ☐ Decide if you'll hire a birth doula.

26 Weeks Pregnant

- ☐ Start writing your birth plan.

27 Weeks Pregnant

- ☐ Do daily kick counts.
- ☐ Reevaluate your workout routine.

THIRD TRIMESTER

28 Weeks Pregnant

- ☐ Get your Tdap vaccine.
- ☐ Decorate the nursery.
- ☐ Make a to-do list for family and friends.

29 Weeks Pregnant

- ☐ Decide if you'll do cord blood banking.
- ☐ Make a labor playlist.

30 Weeks Pregnant

- ☐ Prepare for your leave from work.

31 Weeks Pregnant

- ☐ Pack your hospital bag.
- ☐ Make freezer meals.

32 Weeks Pregnant

- ☐ Tour your birthing center.
- ☐ Enjoy your baby shower.

33 Weeks Pregnant

- ☐ Schedule Group B Strep test.
- ☐ Plan pet and childcare.

34 Weeks Pregnant

- ☐ Write and send thank you cards.
- ☐ Take a childbirth class.

35 Weeks Pregnant

- ☐ Learn how to add baby to your insurance.
- ☐ Install the car seat.

36 Weeks Pregnant

- ☐ Get Group B Strep test.
- ☐ Start perineal massage.

37 Weeks Pregnant

- ☐ Choose your baby's pediatrician.

38 Weeks Pregnant

- ☐ Prepare a safe sleep space for baby.
- ☐ Hire or ask someone to clean your home.

39 Weeks Pregnant

- ☐ Finalize and share your birth plan.

40 Weeks Pregnant

- ☐ Write a list for how visitors can help post-birth.

41 Weeks Pregnant

- ☐ Discuss induction options with your provider.