





























PREGNANCY CHECKLIST

DONE!	MONTH 1 (5-8 WEEKS)	NOTES
	Confirm with positive pregnancy test	      
	Mark your pre-pregnancy weight	
	Research & Choose an OBGYN	
	Book first appointment (usually between 6-10 weeks)	
	Download a couple pregnancy apps	
	Begin taking prenatal vitamins	
	Start a pregnancy journal	
	Get a pregnancy book - (What To Expect When You're Expecting is a classic)	
DONE!	MONTH 2 (9-12 WEEKS)	NOTES
	Find out what is/isn't covered under your insurance plan	   
	Try various remedies for morning sickness if you're suffering	
	Make an exercise plan	
	Tell your family and close friends	
DONE!	MONTH 3 (13-16 WEEKS)	NOTES
	Announce your pregnancy	   
	Begin moisturizing with a belly butter to prevent itchiness & stretch marks	
	Start buying diapers & wipes - one pack each grocery trip to stock up	
	Buy some maternity staples	
DONE!	MONTH 4 (17-20 WEEKS)	NOTES
	Find out & announce the gender	    
	Start your baby registry	
	Plan & accomplish home improvement projects	
	Begin doing regular prenatal yoga and stretches	
	Take a halfway photo bump!	
DONE!	MONTH 5 (21-24 WEEKS)	NOTES
	Begin researching & planning to buy the big stuff	   
	Talk about baby names	
	Plan a babymoon	
	Practice Kegels	
DONE!	MONTH 6 (25-28 WEEKS)	NOTES
	Book birth photo session	   
	Take a prenatal/childbirth class	
	Get a dental cleaning	
	Begin planning, setting up, and decorating the nursery	
DONE!	MONTH 7 (29-32 WEEKS)	NOTES
	Finalize baby registry	
	Schedule your baby shower before 36 weeks	
	Buy a baby book	
	Talk to your employer about maternity leave; research child care	
	Have a date night - no baby talk allowed	
DONE!	MONTH 8 (33-36 WEEKS)	NOTES
	Take Maternity/Family photos	
	Make freezer meals	
	Stock up on groceries & household essentials	
	Pre-register at the hospital	
	Store, return, or exchange baby shower gifts, and send off thank you notes	
	Launder baby clothes and linens	
	Make a "go time" plan for your pets - and get them groomed!	
DONE!	MONTH 9 (37-40 WEEKS)	NOTES
	Pack your hospital bags	
	Assemble a healing kit (pads, Tuck's, etc.)	
	Deep clean your home & cars	
	Hair appointment	
	Manicure & Pedicure	
	Finalize birth plan	
	Book a massage	
	Sleep!	