

FIRST TRIMESTER CHECKLIST

- Breathe
- Tell your spouse
- Stop Unhealthy Habits
- Reassess Diet
- Investigate Health Insurance
- Choose a Pregnancy Doctor
- Schedule Prenatal Appt
- Start Researching Birth Plan
- Download Pregnancy App
- Get Prenatal Vitamins
- Plan Pregnancy Announcement
- Drink Plenty of Water
- Get Morning Sickness Supplies
- Stop Any Heavy Lifting
- Start some Prenatal Exercise
- Start Pregnancy Journal
- Take Weekly Bump Pictures
- Start Baby Name List
- Plan A Baby Budget
- Make a Dentist Appt
- Start a Baby Registry
- Rest Often
- Inform work if needed
- Write down any questions

NOTES

