

# First Trimester *checklist*

## Weeks 1-4

**Call your doctor**

**Calculate baby's due date**

**Take prenatal vitamins**

**Drink from a large water bottle**

**Make necessary lifestyle adjustments**

## Weeks 5-8

**Live in maternity pants**

**Create a list of questions for your first appointment**

**Download a pregnancy tracker app**

**Understand your health coverage**

**Plan healthy meals & nausea-friendly foods**

**Get something for morning sickness**

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## Weeks 9-12

**Attend first appointment**

**Genetic testing (if you wish)**

**Begin thinking about pregnancy announcement**

**Begin thinking about baby registry**

## Weeks 13-14

**Continue setting up & adding items to your registry**

**Start reading up on what to expect during pregnancy**

**Add light exercise/walks to your routine**

*hello second trimester!*