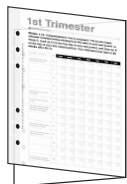


Thinking of having a baby?

These are free printable templates that you can fold, hole-punch and put into your daily planner (or staple together into a booklet). As with planning any journey into new territory, pregnancy and new parenthood can be made a little bit more manageable with some organization, information and support. As you embark, think of Pregnancy Planner as your customizable personal travel guide! Let's get started!

Download and print the To-do Lists and other inserts that suit your particular pregnancy journey. Use our accompanying Pregnancy Planner App to scan and securely store digital versions of any printed materials (sonograms, visit summaries, receipts, factsheets, etc).



To-do Lists

Prepregnancy
1st Trimester
2nd Trimester
3rd Trimester
1st Month



Pockets Templates

These can be folded into pockets for your planner



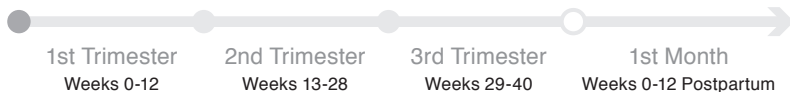
Note Pages

Pages for any handwritten notes during the course of your prenatal and postnatal care.



Special Templates

Record blood pressures, blood sugars, diet, weight and exercise, to manage common complications.



Fold on the dotted line.



goo.gl/7dUqyA

Prepregnancy To-do List

← Visit this list online for more details and links to resources.

- ☐ **Free or reduced cost prenatal care in the US is available to those who qualify.** Call 800-311-BABY (800-311-2229). This toll-free telephone number will connect you to the Health Department in your area code.
- ☐ **If your health insurance allows you a choice,** find out how to choose the best OB/GYN to suit your wants and needs, including where you want to give birth.
- ☐ **Talk with your doctor!** Make an appointment with your primary care doctor to discuss your plans, hopes and concerns. Discuss with your doctor whether any medications (including over-the-counter) or health supplements you are taking should be continued or stopped.
- ☐ **Don't smoke, drink alcohol or do drugs.**
- ☐ **Stay healthy and safe! This means:**
 - ☐ eat a healthy diet, exercise regularly, and take folic acid supplements.
 - ☐ restrict your exposure to air- and food- borne industrial pollutants, such as cleaners, insecticides, paint fumes, lead and mercury.
 - ☐ reduce your risk of food- and animal- borne illnesses like salmonella, listeria and toxoplasmosis. Avoid unwashed fruits and vegetables, and avoid uncooked meats and eggs.