

# 1st Trimester

**Weeks 1-12.** Congratulations! You're pregnant! Fill out the blank calendar template below starting from the date of your last period. In Week 0, mark an **O** on the first day of your last period, and then an **X** on the day of your first missed period. Your estimated due date is **40 weeks** after the **O**.

MONTH + NOTES	WK	SUN	MON	TUE	WED	THU	FRI	SAT
Mark the first day of your last period in this row	0							
	1							
	2							
	3							
Did you miss your period this week?	4							
Do you smoke? Get help to quit.	5							
Eat healthy and stay active. See the To Do List on the other side of this page.	6							
	7							
Mood swings and morning sickness are common.	8							
Your baby's heart and other organs are forming...	9							
	10							
	11							
Be sure to see a midwife or obstetrician by this week	12							

## 1st Trimester To-do List

Go to [goo.gl/ZwwvUL](http://goo.gl/ZwwvUL) for more details and 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.
- ☐ **Make an appointment!** Start your prenatal care by consulting with your midwife or primary care doctor as soon as you find out and no later than 12 weeks into your pregnancy.
- ☐ **Review the list of checks and tests that your doctor recommends.** You'll be offered your 1st ultrasound scan between 8-14 weeks. Ask to hear your baby's heartbeat!
- ☐ **Receive text message reminders and support.** If you have an Android or iPhone smartphone, download the free Text4Baby app at [www.text4baby.org](http://www.text4baby.org)
- ☐ **Don't smoke, drink alcohol or do drugs. If you are addicted,** your doctor can refer you to resources to help you quit.
- ☐ **Take a folic acid supplement daily.**
- ☐ **Stay healthy! Sign up for a prenatal class to learn more.**
  - ☐ Source foods for a well-balanced, nutritious diet and make time to exercising regularly.
  - ☐ Learn about the air- and food- borne industrial pollutants in your environment and avoid exposure to them.
  - ☐ Avoid unwashed fruits or vegetables, uncooked meats or eggs (including sushi, deli meats and mayonaise), and do not directly contact with pet or livestock feces.
  - ☐ Reduce stress and take care of your mental health.
- ☐ **Get help for violence.**

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Fold on the dotted line.

These circles indicate the hole positions for a standard A5 size planner or binder. You may also staple here.