

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							



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1st Trimester To-do List

← Visit this list online 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.
- ☐ **Start your prenatal care!** Make an appointment with your midwife or primary care doctor as soon as you find out and no later than 12 weeks into your pregnancy.
- ☐ **Talk to your doctor about any medications (including over-the-counter) or health supplements** you need to take or are considering taking.
- ☐ **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!
- ☐ **Consider where you want to give birth** when choosing your obstetrician (if your health insurance allows you a choice).
- ☐ **Receive text message reminders and support.** If you have an Android or iPhone smartphone, download the free Text4Baby app at www.text4baby.org
- ☐ **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.

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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.