

## Pregnancy Calendar by Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1<sup>st</sup> Trimester</b> <b>Week 1:</b> Last Period		Stop smoking, drinking or drug use		Buy ovulation kits		Start taking prenatal vitamins
<b>Week 2:</b> Week Before Conception		Take your temperature daily for ovulation		Refrain from oral sex and lubrication		Don't sleep with excess heat
<b>Week 3:</b> Week of Conception		Keep heart rate under 140 beats per minute		Keep body temperature under 102 degrees		Early signs: Spotting, aching breasts, tiredness, nausea
<b>Week 4:</b> Missed Period		Buy pregnancy tests		Take test early in the morning		Early signs: Bloating, cramping, moods
<b>Week 5:</b> Officially Pregnant		Consult a dietician		Follow nutritional plan		Symptoms: Fatigue, cravings, nausea
Week 6		Exercise (moderately)		Start budgeting		Symptoms: Exhaustion, vomiting
Week 7		Take probiotics (or eat yogurt)		Eat smaller meals more often		Symptoms: Constipation, heartburn
Week 8		Inform your boss of the pregnancy		Talk to HR about benefits		Suck on hard candy to avoid nausea
Week 9		Eat brightly colored fruits		Research OBGYNs or midwives		Symptoms: sense of smell, headaches, dizzy
Week 10		Check health care provider		Listen to baby's heartbeat through ultrasound		Symptoms: abnormal lumps in breasts

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Week 11		Control mood swings through diet and exercise		Start planning baby's room		Eat lots of fiber
Week 12		Book dental appointment		Keep a pregnancy journal		Make the announcement
Week 13		Get bigger clothes		Buy a camera for the event		Symptoms: veins, bloating, distention
<b>2<sup>nd</sup> Trimester</b> Week 14		Sanitize often to avoid sickness		Discuss life insurance policies		Symptoms: Less urination/nausea/fatigue!
Week 15		Try to gain a pound a week (more or less)		Make a new will (now that baby's come along)		Symptoms: muscle pain/aches
Week 16		Take a mini-trip/spend time with friends		Expect and indulge an increase in appetite		Symptoms: Congestion, itches, rashes
Week 17		Keep weight gain steady to avoid stretch marks		Start baby-proofing the house		Symptoms: Increased vaginal discharge, backaches
Week 18		Start an online baby registry		Get ready to feel some baby movement!		Symptoms: Nosebleeds/bleeding gums
Week 19		Moisturize to minimize itches/stretch marks		Take antacids to fight heartburn		Symptoms: Gas pains, leg cramps, numbness/tingling
Week 20		Find out the baby's sex (if you want!)		Enjoy fuller, shinier hair		Symptoms: Leg cramps, swollen feet

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Week 21		Prepare to go up a shoe size or so		You may start getting an “outie” belly button now		Symptoms: Loosened ligaments
Week 22		Remember that you need an extra 300 calories per day when pregnant!		Start looking for a good pediatrician		Buy a bag for the hospital
Week 23		Start learning relaxation techniques		Get acupuncture or a massage for back pain		Symptoms: Carpal tunnel, forgetfulness
Week 24		Sign up for childbirth classes		Sing or read to your baby		Symptoms: Vision changes
Week 25		Make sure to get enough calcium		To avoid constipation, ingest less iron		Symptoms: Leg cramps
Week 26		Do stretches if baby’s kicks get too rough		Get CPR/1 <sup>st</sup> Aid certified with your partner		Symptoms: Insomnia
Week 27		Decorate baby’s room		Go shopping for baby gear		Symptoms: Incontinence
<b>3<sup>rd</sup> Trimester:</b> Week 28		Come up with a guest list for your baby shower		Take a breastfeeding class		Symptoms: Edema, SPD
Week 29		Get nursing bras		Count the baby’s kicks to make sure it’s healthy		Symptoms: Hemorrhoids
Week 30		Decide what to do with the cord blood after birth		Make sure you don’t have preeclampsia		Symptoms: Increased fetal activity

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Week 31		Prepare for some Braxton-Hicks contractions		Seek out and befriend other pregnant women		Symptoms: Clumsiness
Week 32		Write down doctor/delivery questions		Finalize maternity leave		Symptoms: Itchy stomach
Week 33		Research pain medication or alternative for labor		Plan the birth announcements		Get enough omega-3 fatty acids
Week 34		Write out a birth plan		Make a labor playlist		Symptoms: Shortness of breath
Week 35		Make a hospital bag checklist		Pack and store your hospital bag		Symptoms: Restless leg syndrome
Week 36		Study the birthing process		Find out when you can check into the hospital		Symptoms: Leaking colostrum
Week 37		Plan your route to the hospital		Confirm birth and postpartum doula		Symptoms: Less fetal movement, cervical dilation
Week 38		Continue Kegel exercises		Consider perineal massage to prevent tearing		Symptoms: Spotting/ bloody show
Week 39		Buy and install a regulation car seat		Get nursery clean/stock up on meals		Symptoms: Losing the mucus plug
Week 40		Test the breast pump, stroller and baby monitor		Watch for your water breaking (perhaps)		<b>Birth Day!</b>