

MY  
PREGNANCY  
JOURNAL

FROM BUN TO BIRTH

Ellipsis  
*for everything in between...*

# INDEX

## 1ST TRIMESTER

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- WEEK 4
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## BABY

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- PREGNANCY ANNOUNCEMENT
- BABY SHOWER GUEST LIST
- BABY SHOWER REFLECTION
- BABY NAME IDEAS

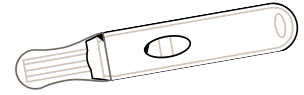
## HEALTH

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- PRENATAL VISITS LOG
- MEAL PLANNER
- MEDICATION TRACKER
- SLEEP TRACKER
- KICK COUNT TRACKER

# PREGNANCY ANNOUNCEMENT!

“ EXPECTING A BABY IS JUST THE BEGINNING OF  
 EXPECTING SOME OF LIFE’S MOST PRECIOUS  
 MOMENTS. ”  
 - UNKNOWN



DATE OF POSITIVE TEST

MY AGE

-----

-----

MY REACTION WHEN I GOT THE CONFIRMATION

Empty text area for writing a reaction to the confirmation.

HOW WE SHARED THE NEWS WITH LOVED ONES

Empty text area for describing how the news was shared with loved ones.

# BABY SHOWER GUEST LIST



NAME	ADDRESS	RSVP	
		YES	NO
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>





# PRENATAL VISITS LOG



DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			

DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			

# PRENATAL VISITS LOG CONT.

DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			

DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			



# PRENATAL VISITS LOG CONT.

DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			

DATE			
DOCTOR		APPOINTMENT	
BLOOD PRESSURE		FETAL HEART RATE	
WEIGHT		WEEKS ALONG	
QUESTIONS			
NOTES			

# MEAL PLANNER



WEEK OF \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# MEDICATION TRACKER



	MEDICATION/DOSAGE			
	MORNING	MIDDAY	EVENING	BEDTIME
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

	MEDICATION/DOSAGE			
	MORNING	MIDDAY	EVENING	BEDTIME
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

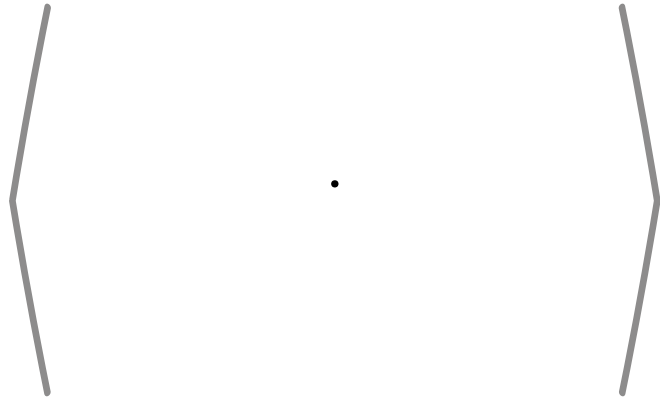




# WEEK 4

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



POPPY SEED

I'M FEELING:

Blank space for writing feelings.



### SYMPTOMS

- BACK PAIN
- MOOD SWINGS
- FATIGUE
- SWELLING
- NAUSEA
- DIZZINESS
- HEARTBURN
- VOMITING
- \_\_\_\_\_
- \_\_\_\_\_



### WHAT'S ON MY MIND

Blank space for writing thoughts.



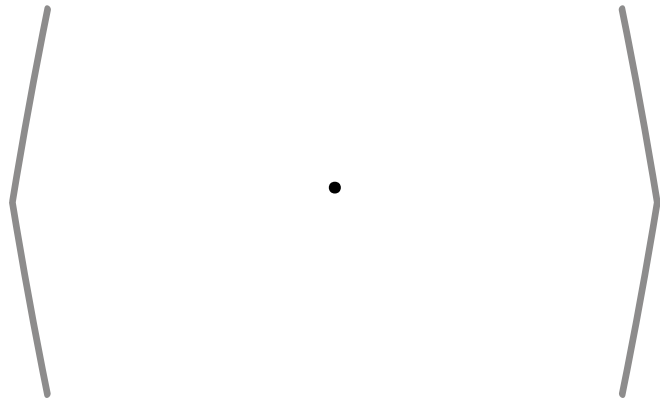
### CRAVINGS & AVERSIONS

Blank space for writing cravings and aversions.

# WEEK 5

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



PEPPERCORN

I'M FEELING:

Blank space for writing feelings.



### SYMPTOMS

- BACK PAIN
- FATIGUE
- NAUSEA
- HEARTBURN
- \_\_\_\_\_
- MOOD SWINGS
- SWELLING
- DIZZINESS
- VOMITING
- \_\_\_\_\_



### WHAT'S ON MY MIND

Blank space for writing thoughts.



### CRAVINGS & AVERSIONS

Blank space for writing cravings and aversions.

# WEEK 6

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



SESAME SEED

I'M FEELING:



### SYMPTOMS

- BACK PAIN
- MOOD SWINGS
- FATIGUE
- SWELLING
- NAUSEA
- DIZZINESS
- HEARTBURN
- VOMITING
- \_\_\_\_\_
- \_\_\_\_\_



### WHAT'S ON MY MIND



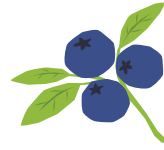
### CRAVINGS & AVERSIONS



# WEEK 7

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



BLUEBERRY

I'M FEELING:



### SYMPTOMS

- BACK PAIN
- FATIGUE
- NAUSEA
- HEARTBURN
- \_\_\_\_\_
- MOOD SWINGS
- SWELLING
- DIZZINESS
- VOMITING
- \_\_\_\_\_



### WHAT'S ON MY MIND



### CRAVINGS & AVERSIONS

# WEEK 8

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



RASPBERRY

I'M FEELING:



### SYMPTOMS

- BACK PAIN
- FATIGUE
- NAUSEA
- HEARTBURN
- \_\_\_\_\_
- MOOD SWINGS
- SWELLING
- DIZZINESS
- VOMITING
- \_\_\_\_\_



### WHAT'S ON MY MIND



### CRAVINGS & AVERSIONS

# WEEK 9

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



CHERRY

I'M FEELING:



## SYMPTOMS

- BACK PAIN
- FATIGUE
- NAUSEA
- HEARTBURN
- \_\_\_\_\_
- MOOD SWINGS
- SWELLING
- DIZZINESS
- VOMITING
- \_\_\_\_\_



## WHAT'S ON MY MIND

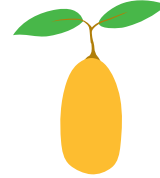


## CRAVINGS & AVERSIONS

# WEEK 10

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



KUMQUAT

I'M FEELING:



### SYMPTOMS

- BACK PAIN
- MOOD SWINGS
- FATIGUE
- SWELLING
- NAUSEA
- DIZZINESS
- HEARTBURN
- VOMITING
- \_\_\_\_\_
- \_\_\_\_\_



### WHAT'S ON MY MIND

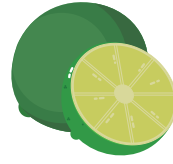


### CRAVINGS & AVERSIONS

# WEEK 11

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



LIME

I'M FEELING:

Blank area for writing feelings.



### SYMPTOMS

- BACK PAIN
- FATIGUE
- NAUSEA
- HEARTBURN
- \_\_\_\_\_
- MOOD SWINGS
- SWELLING
- DIZZINESS
- VOMITING
- \_\_\_\_\_



### WHAT'S ON MY MIND

Large blank area for writing thoughts.



### CRAVINGS & AVERSIONS

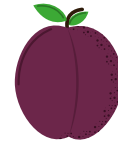
Large blank area for writing cravings and aversions.

# WEEK 12

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PLUM



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# FIRST TRIMESTER SUMMARY

DATE \_\_\_\_\_

I'M FEELING:



HIGHLIGHTS



SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



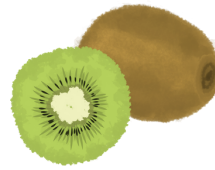
CRAVINGS & AVERSIONS

# WEEK 13

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



KIWI



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

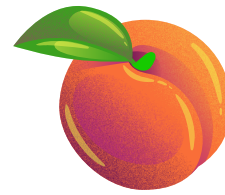


# WEEK 14

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PEACH



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 15

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



APPLE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



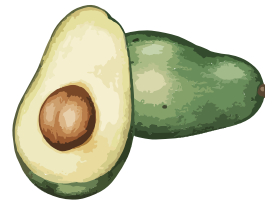
## CRAVINGS & AVERSIONS

# WEEK 16

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



AVOCADO



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 17

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PEAR



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 18

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



POMEGRANATE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 19

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



MANGO



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 20

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



BANANA



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 21

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



CARROT



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS



# WEEK 22

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PAPAYA



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## CRAVINGS & AVERSIONS



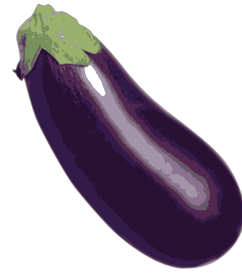
## WHAT'S ON MY MIND

# WEEK 23

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



EGGPLANT



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 24

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



CORN

I'M FEELING:



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



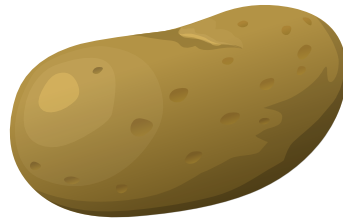
## CRAVINGS & AVERSIONS

# WEEK 25

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



POTATO



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 26

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



ACORN SQUASH



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# SECOND TRIMESTER SUMMARY

DATE \_\_\_\_\_

I'M FEELING:

HIGHLIGHTS



SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



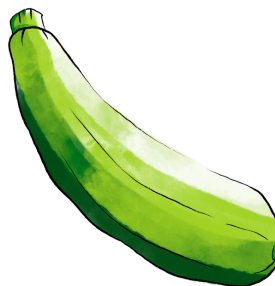
CRAVINGS & AVERSIONS

# WEEK 27

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



ZUCCHINI



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 28

DATE \_\_\_\_\_

BABY IS THE SIZE OF A



CAULIFLOWER

I'M FEELING:



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS



# WEEK 29

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



BUTTERNUT SQUASH



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



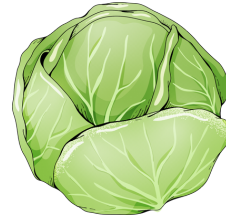
## CRAVINGS & AVERSIONS

# WEEK 30

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



CABBAGE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



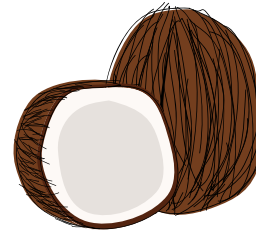
## CRAVINGS & AVERSIONS

# WEEK 31

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



COCONUT



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



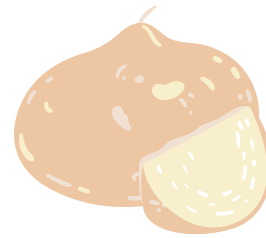
## CRAVINGS & AVERSIONS

# WEEK 32

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



JICAMA



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 33

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PINEAPPLE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



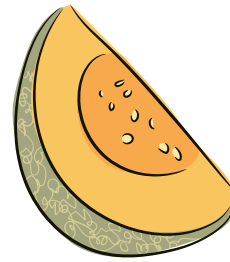
## CRAVINGS & AVERSIONS

# WEEK 34

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



CANTALOUPE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



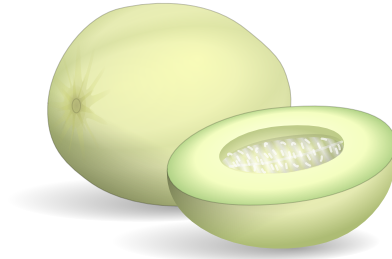
## CRAVINGS & AVERSIONS

# WEEK 35

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



HONEYDEW MELON



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 36

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



ROMAINE LETTUCE



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

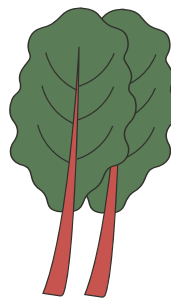


# WEEK 37

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



SWISS CHARD



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 38

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



LEEK



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# WEEK 39

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



PUMPKIN



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



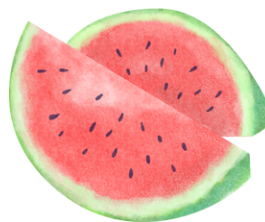
## CRAVINGS & AVERSIONS

# WEEK 40

DATE \_\_\_\_\_

I'M FEELING:

BABY IS THE SIZE OF A



WATERMELON



## SYMPTOMS

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> BACK PAIN | <input type="checkbox"/> MOOD SWINGS |
| <input type="checkbox"/> FATIGUE   | <input type="checkbox"/> SWELLING    |
| <input type="checkbox"/> NAUSEA    | <input type="checkbox"/> DIZZINESS   |
| <input type="checkbox"/> HEARTBURN | <input type="checkbox"/> VOMITING    |
| <input type="checkbox"/> _____     | <input type="checkbox"/> _____       |



## WHAT'S ON MY MIND



## CRAVINGS & AVERSIONS

# THIRD TRIMESTER SUMMARY

DATE \_\_\_\_\_



I'M FEELING:

HIGHLIGHTS



SYMPTOMS

<input type="checkbox"/> BACK PAIN	<input type="checkbox"/> MOOD SWINGS
<input type="checkbox"/> FATIGUE	<input type="checkbox"/> SWELLING
<input type="checkbox"/> NAUSEA	<input type="checkbox"/> DIZZINESS
<input type="checkbox"/> HEARTBURN	<input type="checkbox"/> VOMITING
<input type="checkbox"/> _____	<input type="checkbox"/> _____

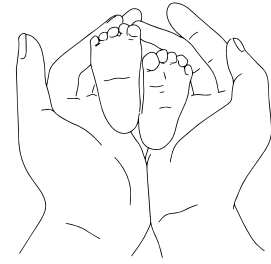


CRAVINGS & AVERSIONS

# YOUR BIRTH STORY

“ A NEW BABY IS LIKE THE BEGINNING OF ALL THINGS - WONDER, HOPE, A DREAM OF POSSIBILITIES. ”

- EDA J LESHAN



FULL NAME			
DATE OF BIRTH		EYE COLOR	
WEIGHT		HAIR COLOR	
LENGTH		TYPE OF BIRTH	
APGAR SCORE		WHO CUT THE CORD	
TIME YOU WERE BORN		WHERE YOU WERE BORN	
WHO CAME TO SEE YOU		DOCTOR/ MIDWIFE	

## MY LABOR STORY