



PREGNANCY CALENDAR TO-DO LIST

MONTH 2

- Confirm pregnancy with doctor
- Start taking extra care of yourself (more nutrient-dense food, less fish due to mercury levels, no tuna, no raw fish, no cold-pressed juices, no alcohol, no overall uncooked/raw food)
- Cut down or eliminate coffee (and be moderate on overall caffeine)
- Find good prenatal vitamins
- Find a new OB if you don't feel comfortable with the one you have (or explore other options such as midwives and birthing centers)
- Ask your trainer or doctor about how to modify your fitness routine if needed
- Start thinking about baby names and making a list
- Snack often (on healthy foods like nuts, string cheese, yogurt, peanut or almond butter toast, avocado toast, fruits, cottage cheese...)
- Start taking more calcium rich foods and supplements
- Start laying under the sun 20min per day if possible, for some Vitamin
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MONTH 3

- Make sure you have a good health insurance plan for all prenatal care, birth & baby
- Go to your first prenatal appointment (bring a list of questions)
- Started taking progress pics (even if its for you, they are a cute unique memory)
- You can find out the sex via blood work (ask your doctor)
- Start putting aside a baby budget
- Start applying stretch mark prevention cream (hydrate) on belly every morning and night, every single day to help your skin stretch nicely
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MONTH 4

- Start planning baby moon if you want one (I personally think end of 2nd trimester is the ideal time, and if you think so too, start planning now)
- Start creating a baby registry & see what items you like (research each and compare to see what's right for you)
- Start sleeping on your side
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MONTH 5

- Start planning your baby shower (if you want it at the end of your 2nd trimester or early in your 3rd, now is the time)
- Start looking into birthing class options & enroll
- Start doing Kegel + pelvic floor exercises if you have not done them yet
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MONTH 6

- Get your teeth cleaned
- Finalize your registry
- Send out baby shower invites (with registry)
- Start putting the nursery together so you don't stress (start painting...)
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MONTH 7

- Throw your baby shower (I did it at 28 weeks, I think it's a great time because you are still energetic and feeling great, you are not too big, can walk around perfect, and you also have time to purchase anything else you did not receive as a gift)
- Start placing gifts in their place / continue with the nursery prep
- Get the Tdap Vaccine
- Start drinking Raspberry Leaf Tea (1 cup / day) to prep and strengthen uterus getting it ready for labor
- Start prepping for the 4th trimester
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MONTH 8

- Take your baby moon (I did it at 30 weeks where you can still fly, I do also recommend taking it now because you still are not too big and can be energized and enjoy, and, you've already done a lot of work like the registry & shower, and can finally relax a bit)
- Finish the nursery
- Buy the remaining items you need
- Install the car seat
- Start packing the hospital bag
- Take the birthing class if you haven't yet
- Finish assembling baby gear
- Start to train your MIND for birth
- Start saying positive birth affirmations
- Research, interview and select your pediatrician
- Create a birth plan
- Start lining up help for postpartum (assistants, maids, food meal prep service....)
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MONTH 9

- Wash all baby clothes with nontoxic product
- Finish packing the hospital bag
- Search for a lactation consultant to have as a back up if needed
- Start to slow down and relax
- Take long baths
- Download a contraction tracker app
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Other To-Do Notes

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