

First Trimester Checklist

Start taking a prenatal vitamin

Prepare for morning sickness

Start using a good moisturizer

Start making healthy choices

Stay hydrated

Start a baby registry

Get comfy

Schedule your first prenatal appointment

Stress less

Rest more

Avoid off-limit foods

Take your first belly pic

Start saving for baby

Check your medications and supplements

Download a pregnancy tracker

Start a pelvic floor exercise routine

Second Trimester Checklist

Announce your pregnancy

Wrap up your baby registry

Buy a good pregnancy pillow

Start shopping for maternity clothes

Keep your bump moisturized

Stay on top of your prenatal appointments

Continue to eat healthy and stay hydrated

Plan to have a gender reveal?

Start planning the nursery

Include your other children

Start brainstorming baby names

Take weekly bump pics

Third Trimester Checklist

Pack your hospital bag

Make meals to freeze

Stock up on household items

Wash baby's clothes and linens

Sterilize baby bottles/breast pump/accessories

Install car seat and assemble baby gear

Prepare for postpartum recovery

Prepare for breastfeeding

Purchase last-minute baby items

Narrow down baby names

Take a childbirth class

Download a contraction tracker

Wrap up maternity leave plans

Make plans for other children and/or pets

Declutter, clean, and organize

Choose a pediatrician



Pregnancy Checklist

20 horizontal lines for writing, each preceded by a light blue dot.

