

FIRST TRIMESTER TO-DO LIST

- Schedule an appointment with your midwife
- Take a supplement
- Double check with your GP or midwife on prescriptions
- Quit smoking
- Stop drinking
- Take less caffeine
- Watch your diet
- Ease your morning sickness
- Be aware of all warning signals
- Take a breather
- Exercise
- Have a massage
- Buy a maternity bra
- Have sex
- Get ready to see or hear your baby
- Decide when to announce your pregnancy
- Switch to pregnancy-safe activities
- Start pelvic floor exercises

NOTES

A large, empty rectangular area with a light blue gradient background, intended for taking notes.



FIRST TRIMESTER TO-DO LIST

- Draw up a budget
- Get your partner involved with your pregnancy
- Book your antenatal classes
- Get updated on your baby's development
- Join a birth club
- Get a healthcare provider
- Think health insurance
- Take belly photos
- Make a list of baby names
- Think prenatal testing
- Establish a routine

NOTES

A large, empty rectangular area with a light blue gradient background, intended for taking notes.