

First Trimester Checklist

HEALTHCARE

- Start taking prenatal vitamins
- Confirm pregnancy with GP
- Research healthcare options
- Gather medication list
- Schedule first prenatal appointment
- Book ultrasound scan
- Start a running list of questions to ask

LIFESTYLE

- Know which foods are safe
- Know which foods to avoid
- Quit smoking and alcohol
- Stay hydrated (keep a large water bottle by your side at all times!)
- Stock up on healthy snacks
- Use belly balm
- Stay active with walks

KEEPSAKES

- Plan pregnancy announcements
- Download Dujourbaby app (and start documenting pregnancy!)
- Take weekly bump photos
- Start a baby keepsake box
- Keep positive pregnancy test as a keepsake

PREGNANCY TRACKING

- Calculate baby's due date
- Download pregnancy tracker app

