



# My Pre-Pregnancy Check List

Visit GP For Checkup

My Notes: \_\_\_\_\_

Visit Dentist For Checkup

My Notes: \_\_\_\_\_

If You Smoke, Seek Appropriate Help To Quit

My Notes: \_\_\_\_\_

Start Taking Pre Natal Vitamin With Folate

My Notes: \_\_\_\_\_

Ask Your Family About Their Medical History

My Notes: \_\_\_\_\_

Investigate Options For Maternity Care And Get Appropriate Health Cover

My Notes: \_\_\_\_\_

Reduce Or Stop Alcohol Consumption

My Notes: \_\_\_\_\_

Reduce Or Stop Caffeine Consumption

My Notes: \_\_\_\_\_

Avoid Taking Unnecessary Medications

My Notes: \_\_\_\_\_

Exercise Regularly At Low To Moderate Intensity

My Notes: \_\_\_\_\_

Eat A Healthy And Well Balanced Diet

My Notes: \_\_\_\_\_

Start Thinking About Budgeting For A Baby

My Notes: \_\_\_\_\_

Download An App From itunes Or Google Play To Start Tracking Your Ovulation

My Notes: \_\_\_\_\_