



This Book Belongs To



[illegible]

Pregnant Journal

Date

Weight

Blood Pressure

To Do

Cravings

Aversions

Thoughts and Feelings

Notes



PREGNANCY TRACKER



DATE

WEEK

MOOD



CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



TO DO

THOUGHTS



I'm Pregnant

Date I Found Out _____

My Reaction

How I Revealed To My Spouse

Immediate Family Reaction

How Did We Tell Our Loved Ones

I'm Pregnant

Due Date:

How I Found Out

My Reaction

What I am most excited about

Who I told Frist

What i want you to know

Medical Appoitments

Date:

My Weight:

Questions to the Doctor

Appointment

To Do

Medication

Medication

Date

Time

Taken

						
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Pregnancy Weight Tracker

Week-02		Week-15		Week-28	
Week-03		Week-16		Week-29	
Week-04		Week-17		Week-30	
Week-05		Week-18		Week-31	
Week-06		Week-19		Week-32	
Week-07		Week-20		Week-33	
Week-08		Week-21		Week-34	
Week-09		Week-22		Week-35	
Week-10		Week-23		Week-36	
Week-11		Week-24		Week-37	
Week-12		Week-25		Week-38	
Week-13		Week-26		Week-39	
		Week-27		Week-40	

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Fetal Movement

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

Week	S	M	T	W	T	F	S
Start Time:							
End Time:							
Estimated # Of Kicks							
What was Happening?							
Notes							

[illegible]

Mom

Dad

Baby

[illegible]

[illegible]

Boy/Girl

Week 02

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 03

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 04

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 05

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 06

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

Week 07

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 08

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 09

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 10

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 11

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 12

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 13

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 14

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 15

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 16

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 17

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 18

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 19

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 20

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 21

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 22

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length 0.01 Inches	Weight 0.04 OZ
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Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 23

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 24

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 25

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 26

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 27

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 28

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 29

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

Week 30

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 31

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 32

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 33

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 34

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 35

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 36

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 37

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

To Do List

Week 38

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 39

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S
Mood	S	M	T	W	T	F	S
Vitamins	S	M	T	W	T	F	S

Week 40

Date:

Thoughts & Feelings



Mom's Weight:

Belly Circumference:

Baby Size

Length
0.01 Inches

Weight
0.04 OZ

Milestones

To Do List

Sleep	S	M	T	W	T	F	S

Mood	S	M	T	W	T	F	S

Vitamins	S	M	T	W	T	F	S

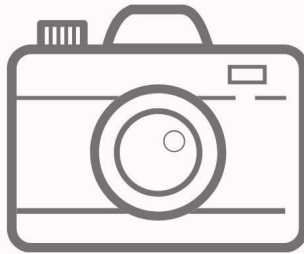
Welcome Little One

Name:

Time:

Height:

Weight:



Date of Birth:

Birth Plan

Admin Details		Medical Insurance	
Hospital		Company	
Contact Number		Policy	
Doctor		Policy Number	
Contact Number		Contact Number	

Birth Details			
Due Date		Induction Date	
Mom		Dad	

Preferred Labor & Delivery Plan			
Birth Type		Pain Relief	
Alternate Choice		Acceptable	
Mom's Blood Group		Allergies	

Ambiance:

Vibe	Lighting	Music

[illegible]

Top 5 Baby Names	
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1. _____

2. _____

3. _____

4. _____

5. _____

Notes

[illegible]

[illegible][illegible]

Baby Name Ideas



BOY



GIRL

[illegible][illegible]

[illegible][illegible]

Baby Shower

Date:

Place:

Theme:

Guests Presents

Shopping List

Gift Log

Date:

Place:

Theme:

Guests Presents

Shopping List

Gift Log

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



thank you