



Pregnancy *Journal*



First Trimester

0 weeks–13 weeks (Months 1–3)

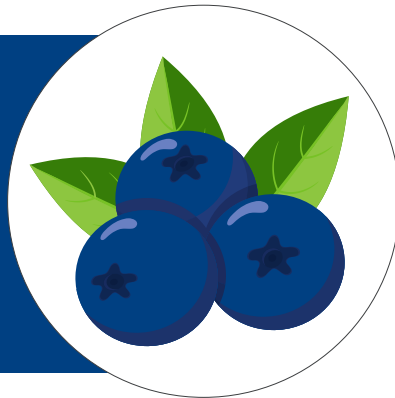
Week 5

While the fetus may be smaller than a grain of rice, you might feel the first pangs of pregnancy symptoms, such as sore breasts, morning sickness, and the constant urge to urinate.

Scope out potential OBs and start scheduling your appointment ASAP. This will probably be the most lengthy of your visits as your doctor will want to get to know you, conduct baseline tests, and establish a relationship with you and your support system.

Note

Size update:
Blueberry



Week 7

You're not starting to show just yet, but investing in maternity clothes is in your near future. Many doctors recommend having your first prenatal visit between week 8 and week 12 of pregnancy. If you haven't gotten that on the books, schedule that this week!

1st Doctor's Visit:

Your first prenatal OB/GYN visit should be between Week 8 - Week 12 of your pregnancy.

Week 9

Notably, your blood volume increases to protect the fetus when you move around. You might see the veins in your hands and feet protrude a bit more than usual, and you may experience some vaginal spotting.

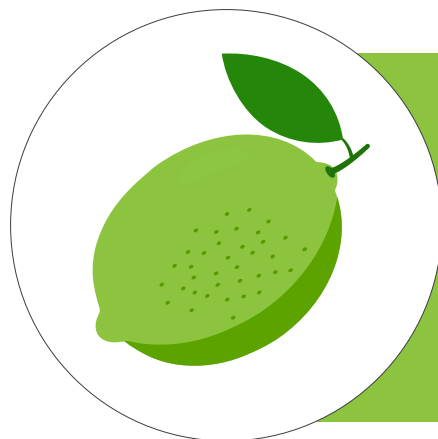
Journal Reflection Prompt: What are the biggest changes you have seen in yourself during this trimester?

First Trimester

0 weeks–13 weeks (Months 1–3)

Week 11

During this trimester, don't be alarmed if you experience heartburn, leg cramps, and lower back and pelvic pain. Additionally, at this point, your uterus is usually the size of a lime, meaning your bump is becoming a little more apparent.



Size update:
Lime



2nd Doctor's Visit:

between Week 10 - Week 12 of pregnancy.

Week 13

Hopefully, you're over any morning sickness you had. Now, you should be putting on weight, and it won't be long before coworkers and friends might notice the baby bump. The hormones in your body could either elicit a beautiful pregnancy glow or encourage a breakout.

Journal Reflection Prompt: Did any emotions you didn't expect surface in these few months? What are you feeling nervous about? What are you feeling hopeful about?

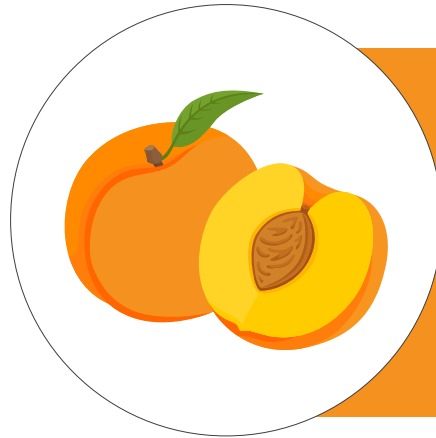


Second Trimester 14 weeks – 27 weeks (Months 4–7)

Week 14

The Official Start To Your Second Trimester!

Some moms and doctors refer to the second trimester as the “feel-good” trimester, as pregnant women typically see an increase in energy and appetite. This is usually attributed to the ever-shifting hormones in your body.

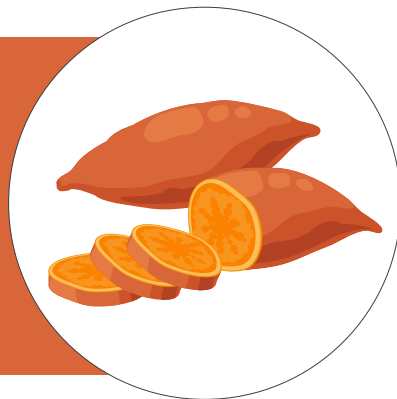


Size update:
Peach



3rd Doctor's Appointment:
Between Week 16 - Week 18.

Size update:
Sweet Potato



Week 16

Many moms-to-be note around this week is the very first time they're able to feel their baby kick. Keep in mind this may be very subtle and not like the definitive “kicks” you hear women experience in the third trimester.

Week 18

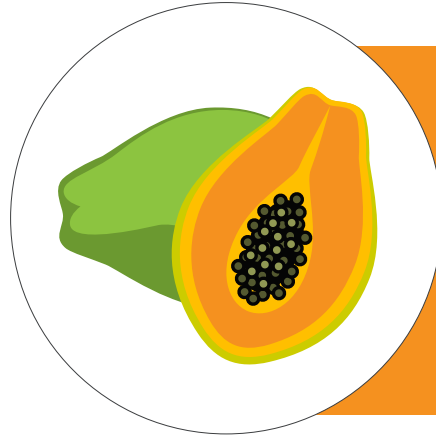
At 18 weeks, you will probably be visibly pregnant! Many pregnant women report feeling exaggerated back pain and heartburn. Right now, your body is producing the hormone “relaxin,” which, fittingly, relaxes the ligaments around your bones to allow for growth.

Journal Reflection Prompt: Who is your support system? How have they been showing up for you? How have you been showing up for yourself?

Second Trimester 14 weeks – 27 weeks (Months 4–7)

Week 22

At this point in your pregnancy, it's common for you to experience dizziness and lightheadedness as your blood pressure has begun to drop. With pregnancy hormones in full effect, you might see benefits like fuller, thicker hair and stronger nails.

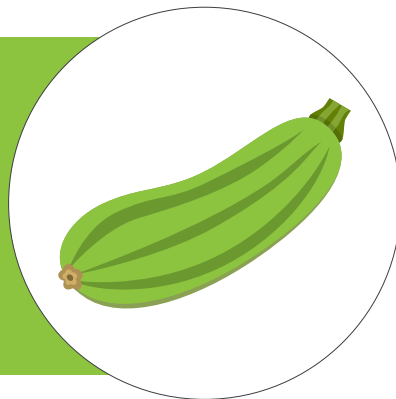


Size update:
Papaya



4th Doctor's Appointment:
Between Week 22 - Week 24.

Size update:
Zucchini



Week 24

You might find that sleep is getting harder and harder to come by as your pregnancy furthers and your bump grows. Moms recommend tiring themselves out during the day with light exercise, having warm milk or caffeine-free tea before bed, or trying out meditation.

To do: Get tested for gestational diabetes.

Week 26

Only 3 months until you're at full term!
At week 26, women often report having a newly changed outie belly button.
At this point, your uterus has enlarged enough that it's pressing on your belly, making the belly button protrude.

Journal Reflection Prompt: What did you learn in the second trimester that will help you going into the third trimester? What is something you wish you could tell your past self who was just starting their pregnancy journey?



5th Doctor's Appointment:
Between Week 24 - Week 28.

Third Trimester

28 weeks – 40 weeks (Months 7–9)

Week 28

As the baby prepares for birth, you may find it resting on your sciatica nerve, which is felt in your lower back and can permeate down the back of your legs. Many pregnant women report having sciatica pain but find relief after the baby shifts positions.

Week 30

You are entering the home stretch! Happy third trimester! Expect to see some familiar symptoms like fatigue, mood swings, continued swelling, etc. Now is a great time to familiarize yourself with your labor and delivery plan and refresh yourself and your doctor on your wishes.

 **6th Doctor's Appointment:** Around Week 32.

Size update:
Pineapple



Week 32

Even as early as 32 weeks, you might start feeling Braxton-Hicks contractions. Your uterus flexes and contracts to prepare for more severe contractions as birth nears. Many medical professionals explain the difference between Braxton-Hicks and official labor: you can shift positions to stop Braxton-Hicks contractions.

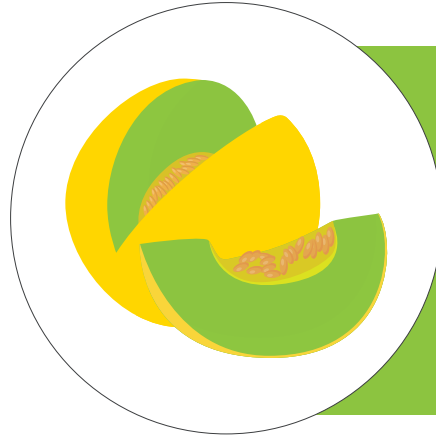
Week 34

With your due date fast approaching, you will see an increase in the symptoms you've experienced up until now with the addition of Braxton-Hicks, swollen breasts, and constipation. Parents recommend having your hospital "go bag" ready around this time. Pack any and everything that will keep you feeling comfortable and prepared!

Journal Reflection Prompt: What do you look forward to most in this upcoming new chapter of your life? What will you miss about the old one?

Week 36

This week, the baby may “drop” into your pelvis, preparing for birth. This may sound scary, but if anything, it will relieve the pressure you feel on your pelvis! You may have also noticed you have adopted the “pregnant woman waddle” as your body is working overtime getting ready for labor and delivery.



Size update:
Honeydew Melon



7th Doctor's Appointment: Around Week 36.



8th-10th Doctor's Appointments:
Between Week 38 - Week 40.

Week 38

You are probably seeing your OB/GYN weekly as you are so close to week 40. Trouble sleeping and an itchy belly may plague your week 38, but your cervix may or may not start dilating. Remember that active labor begins when you are **4 cm dilated!**

Week 40

Not every pregnancy makes it to 40 weeks or the first given due date. Many moms express how exhausted their minds and bodies are once they approach week 40. But about 30% of all pregnancies last longer than 40 weeks, so you are in good company! Keep prepping for delivery and reach out to your support system.



Journal Reflection Prompt: What did you learn the most about yourself and your support system over this entire pregnancy?
