

# First Trimester Checklist

Start taking a prenatal vitamin

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Prepare for morning sickness

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Start using a good moisturizer

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Start making healthy choices

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Stay hydrated

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Start a baby registry

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Get comfy

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Schedule your first prenatal appointment

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Stress less

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Rest more

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Avoid off-limit foods

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Take your first belly pic

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Start saving for baby

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Check your medications and supplements

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Download a pregnancy tracker

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Start a pelvic floor exercise routine

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# Second Trimester Checklist

Announce your pregnancy

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Wrap up your baby registry

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Buy a good pregnancy pillow

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Start shopping for maternity clothes

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Keep your bump moisturized

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Stay on top of your prenatal appointments

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Continue to eat healthy and stay hydrated

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Plan to have a gender reveal?

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Start planning the nursery

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Include your other children

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Start brainstorming baby names

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Take weekly bump pics

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# Third Trimester Checklist

Pack your hospital bag

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Make meals to freeze

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Stock up on household items

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Wash baby's clothes and linens

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Sterilize baby bottles/breast pump/accessories

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Install car seat and assemble baby gear

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Prepare for postpartum recovery

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Prepare for breastfeeding

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Purchase last-minute baby items

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Narrow down baby names

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Take a childbirth class

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Download a contraction tracker

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Wrap up maternity leave plans

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Make plans for other children and/or pets

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Declutter, clean, and organize

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Choose a pediatrician

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# Pregnancy Checklist

A vertical list of 20 horizontal lines for writing, each preceded by a light blue circular bullet point.

