



# First Trimester Checklist

- ☐ Start taking a prenatal vitamin
- ☐ Download a pregnancy planner (optional)
- ☐ Prepare for morning sickness
- ☐ Start using a good moisturizer
- ☐ Start making healthy choices
- ☐ Stay hydrated
- ☐ Start a baby registry
- ☐ Get comfy
- ☐ Schedule your first prenatal appointment
- ☐ Stress less
- ☐ Rest more
- ☐ Avoid off-limit foods
- ☐ Take your first belly pic
- ☐ Start saving for baby
- ☐ Check your medications and supplements
- ☐ Download a pregnancy tracker
- ☐ Start a pelvic floor exercise routine
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