

FIRST TRIMESTER

To-Do List

- ♡ CALCULATE BABY'S DUE DATE
- ♡ GET A PREGNANCY TRACKER APP
- ♡ GET PRENATAL VITAMINS
- ♡ START A PREGNANCY JOURNAL
- ♡ TAKE A BEFORE PHOTO AND START DOCUMENTING WEEKLY BUMP PHOTOS
- ♡ GET FAMILIAR WITH INSURANCE PROVIDER
- ♡ LOOK INTO HEALTH CARE PROVIDERS
- ♡ MAKE FIRST PRENATAL APPOINTMENT
- ♡ MAKE A LIST OF QUESTIONS FOR APPOINTMENT
- ♡ MAKE A LIST OF ANY MEDICAL CONDITIONS FOR ME + PARTNER
- ♡ GET MEDICATION LIST FROM PHARMACY
- ♡ MAKE HEALTHY FOOD/SNACK SHOPPING LIST
- ♡ GET SOMETHING FOR MORNING SICKNESS
- ♡ MAKE AN APPOINTMENT WITH HR
- ♡ START THINKING ABOUT PREGNANCY ANNOUNCEMENTS
- ♡ START READING UP AND LEARNING ABOUT WHAT TO EXPECT DURING PREGNANCY
- ♡ START DAILY WALKS OR LIGHT YOGA
- ♡ GRAB A GIANT WATER BOTTLE AND DRINK ALL DAY

