

YOUR PERSONAL PREGNANCY CHART



YOUR FIRST TRIMESTER: WEEKS 1 TO 13

- Start a healthy eating plan
- Stop smoking or drinking alcohol
- You may experience nausea, breast tenderness, or tiredness
- Attend your first prenatal doctor visit
- Talk to your doctor about pregnancy-safe activities like walking, swimming, or yoga



YOUR SECOND TRIMESTER: WEEKS 14 TO 27

- Your doctor may check for genetic disorders
- You may start to look visibly pregnant
- You could find out your baby's sex via an ultrasound
- Consider starting some birthing classes
- You may experience urinating more often, heartburn, or leg cramps
- Your doctor may want to test for a number of factors such as gestational diabetes
- Start thinking about where you might want to give birth
- You might want to take some photos to remember this time



YOUR THIRD TRIMESTER: WEEKS 28 TO 40

- You're in the home stretch!
- You're probably feeling baby move a lot now
- You might be visiting your doctor more frequently and getting tests such as a swab test for group B streptococcus
- You may start to experience constipation or hemorrhoids
- Hormones are causing your joints to loosen, which means your feet could get a little bigger
- You may experience Braxton-Hicks (false) contractions
- Tell your doctor about any extreme swelling in your hands, feet, or ankles
- Develop a birth plan with your doctor

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