

# FIRST TRIMESTER CHECKLIST

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We make it easy for you to prepare for the weeks and months ahead with an easy-to-follow checklist!

## Take Care Of Yourself

- ☐ Consult your doctor about medications you're taking
- ☐ Make sure your activities are pregnancy-safe
- ☐ Read up on safe foods for pregnancy
- ☐ Buy some new clothes, including supportive bras

## Plan Your Doctor Visit

- ☐ Make a prenatal appointment
- ☐ Learn the signs of a pregnancy problem
- ☐ Use a journal to record observations and questions

## Revise Your Pregnancy Plan

- ☐ Check your health insurance
- ☐ Start saving for your baby budget
- ☐ Consider on-the-job safety
- ☐ Look into your work-related benefits

## Fuel Your Body

- ☐ Take your prenatal vitamin
- ☐ Stock up on healthy foods and eat a balanced diet
- ☐ Try to exercise for 30 minutes daily
- ☐ Quit smoking and drinking
- ☐ Reduce caffeine intake
- ☐ Decrease your stress
- ☐ Get plenty of sleep
- ☐ Hydrate
- ☐ Take pregnancy power naps (while you still can!)

## Preparing For Baby

- ☐ Write down your pregnancy memories
- ☐ Talk to your partner about parenting
- ☐ Start a baby name list



*"Every pregnancy is different -- and that's okay! You will likely have a different experience compared with your sister, your friends, and even your last pregnancy (if you've had one). Don't get discouraged if you experience ups and downs during the first trimester."* – Sarah, Hartland