

First Trimester Checklist



Don't forget to do these important things when you are in your First Trimester

- ☐ Announce Your Pregnancy To Your Husband
- ☐ Schedule Your Doctor's Appointment
- ☐ Make A List Of Questions For Doctor
- ☐ Find a Midwife For Home Birth Or OBGYN
- ☐ Decide How You'll Accounce Your Pregnancy
- ☐ Start Researching About Pregnancy
- ☐ Download A baby Tracker App
- ☐ Start Taking Good Prenatal Vitamin
- ☐ Take An Online Pregnancy Class
- ☐ Create A Pinterest Board For Inspo
- ☐ Begin Documenting Your Pregnancy
- ☐ Start Thinking Of Good Baby Name
- ☐ Start Taking Bump Pictures
- ☐ Get A Belly Cream For Stretch Marks
- ☐ Create A Baby Budget

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Don't forget to do these important things when you are in your First Trimester

- ☐ Start Eating Healthy Food
- ☐ Drink More Water
- ☐ Start A Baby Registry
- ☐ Start Buying Maternity Clothes
- ☐ Stress Less And Rest More
- ☐ Start A Light Exercise Routine
- ☐ Cut Down Your Caffeine
- ☐ Treat Yourself With Some Me-Time
- ☐ Get Organized And Declutter
- ☐ Take Care Of Morning Sickness
- ☐ Talk To Your Kids About Pregnancy
- ☐ Start A Pregnancy Journal
- ☐ Sign Up For Amazon Prime
- ☐ Check Your Insurance
- ☐ Do Some Reading About Pregnancy

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