

# FIRST TRIMESTER CHECKLIST

- Announce Pregnancy To Partner
- Calculate Baby's Due Date
- Start Taking Prenatal Vitamins
- Find an OBGYN or Midwife
- Make A List of Questions For Doc
- Set up & Go To First Appointment
- Start Researching About Pregnancy
- Create a Pinterest Board For Inspo
- Choose A Way To Announce Pregnancy
- Begin Documenting Pregnancy
- Make A Pre-Baby Bucket List
- Learn To Manage Morning Sickness
- Download A Pregnancy App
- Start Thinking of Baby Names
- Start Taking Baby Bump Pictures
- Go To The Dentist
- Get A Belly Balm (or Make Your Own)
- Start Budgeting
- Check Your Medications (or Lifestyle)
- Start A Baby Registry
- Start Buying Maternity Clothes
- Begin Looking Into Postpartum Options
- Stress Less!
- Get Plenty of Rest
- Drink More Water
- Start A Light Exercise Routine
- Eat Healthier
- Cut Down on Caffeine Intake
- Treat Yo' Self
- Get Organized