

First Trimester Checklist

Month 1: Weeks 1-4

Most people don't know that they're pregnant this early on. But if you find out extra early, these are some things to check off your list during the very first month of pregnancy. These are some things you can even do beforehand to prepare for pregnancy:

- ☐ Take a good quality prenatal vitamin daily
- ☐ Remove stress from your life
- ☐ Remove toxins from your home (*cleaning products, etc.*)
- ☐ Buy a baby journal or pregnancy diary
- ☐ Schedule in time for self-care

Month 2: Weeks 5-8

This is the timeframe when most people find out they are pregnant! *Congratulations!* You're now in this 2nd month of pregnancy. Here are some things to check off your list & consider:

- ☐ Take an at-home pregnancy test (*share exciting news with your partner!*)
- ☐ Find out your due date
- ☐ Book your first prenatal visit with your doctor or midwife
 - ☐ Check that your medications are safe to take during pregnancy
 - ☐ Start a list of pregnancy questions (*pregnancy brain is real!*)
- ☐ Consider genetic testing
- ☐ Find morning sickness relief if you are feeling nauseous
 - ☐ Stock up on a few essentials: ginger, lemon drops (sour candies), saltine crackers, mints, lemonade, ginger ale, Gatorade, etc.
 - ☐ Try eating small meals or snacks throughout the day
- ☐ Find out what your insurance plan covers (*prenatal care & delivery?*)
- ☐ Interview and choose your maternity care provider
 - ☐ Decide where and how you'd like to give birth
- ☐ Consider on-the-job safety
- ☐ Eat right
- ☐ Reduce your caffeine intake (<200 mg/day)
- ☐ Drink more water (64 to 96 oz/day)
- ☐ Exercise regularly (aim for 30 minutes/day)

Continued...

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Month 2: Weeks 5-8

- ☐ Rest! *(Your body is working hard, and pregnancy fatigue is common.)*
- ☐ Explore pregnancy apps and podcasts
- ☐ Buy a pregnancy book
- ☐ Make sure your activities are pregnancy-safe
- ☐ Make a budget for the baby
 - ☐ Create a child's savings plan
- ☐ Spend quality time with your partner
- ☐ Have sex, if you feel like it *(it's safe during pregnancy)*
- ☐ Start thinking about baby names
- ☐ Learn the signs of pregnancy problems
- ☐ Stop cleaning the litter box *(the parasites in the feces can harm baby)*
- ☐ Take pictures of yourself *(document your journey)*
- ☐ Treat yourself

Month 3: Weeks 9-12

You're now at the final stretch of the first trimester! This is an exciting time because most women wait until the end of the first trimester to share their pregnancy news with the world. Here's our final checklist to wrap up your first trimester:

- ☐ Plan how you'll announce your pregnancy to family, friends, your boss
- ☐ Look into your work-related benefits & maternity leave policy
- ☐ Consider diagnostic testing
- ☐ Schedule an appointment with your dentist
- ☐ Get a new supportive maternity bra
- ☐ Decide whether you want to find out the baby's gender
- ☐ Start calling daycares *(depending on where you live and if you'll use daycare, find out if there are waitlists and, if so, for how long)*
- ☐ Start looking for your doula (the good ones book up fast!)
- ☐ Talk to your partner about parenting
- ☐ Go to your prenatal appointment *(usually around week 12)*
- ☐ Take more pictures!
- ☐ Treat yourself

For more details...



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NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.