



PREGNANCY Journal



I am.....Years old

This is myPregnancy

First Exciting Experiences When?

Positive Pregnancy Test

.....

.....

Ultrasound

.....

.....

Food cravings

.....

.....

Flit Baby Kick

.....

.....

Hiccups

.....

.....

Felt Constriction

.....

.....

Heard Heartbeat

.....

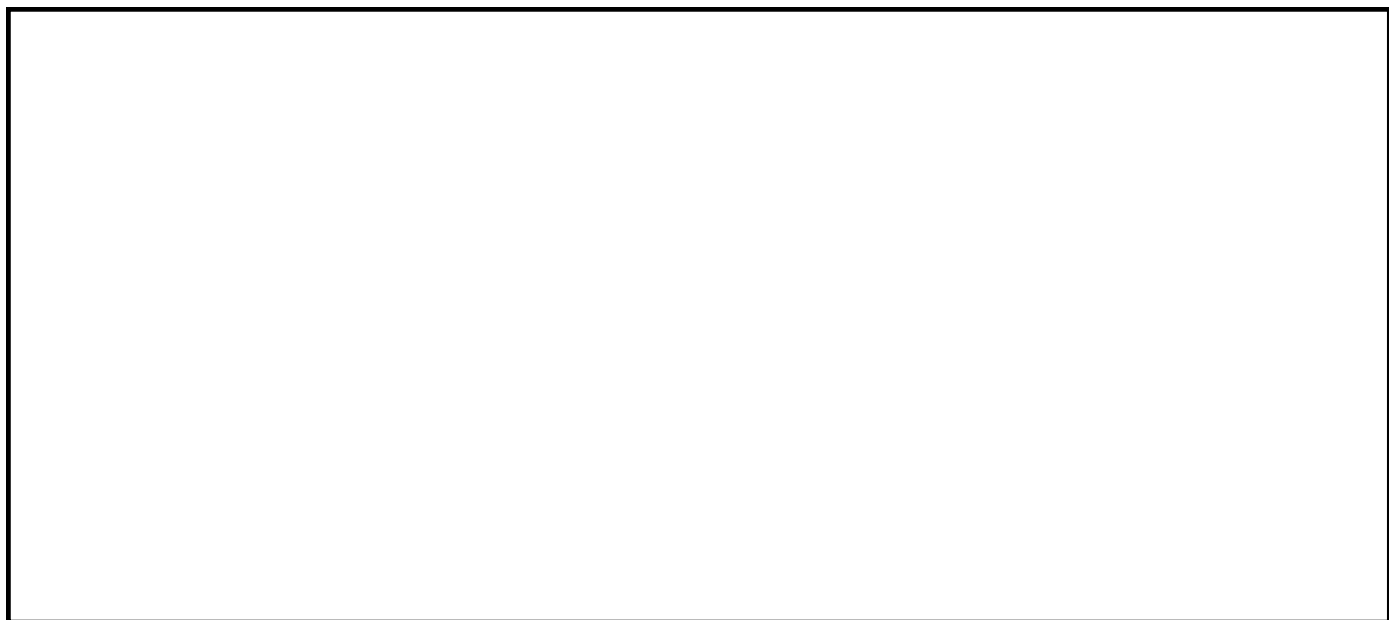
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Other Memorable First Exciting

.....

.....

First Ultrasound



Date	Weight	Length	Noth

Our Reaction Moment		

Our Family Reaction Moment	

Appointment

[illegible]

Month

Week

Mood

Sleep

Symptoms

Moment To Remember

Who I Feel

Belly Measurements/Weight

I Feel The Best When

Belly Measurements/Weight

VITAMINS	SUN	MON	TUE	WED	THU	FRI	SAT

	Fruit
Morning	
Noon	
Afternoon	
Night	

Baby Shower Invitation

Date

Time

Location

Thorwn By

Favorite Gift

Favorite Moment

Almost Time

We are excited for

We are most nervous for

What I Have enjoyed most about being pregnant

My Labor

Date Labor Began On

Place Labor Begsan On

Total hour in labor

Who came to visit

Notes

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

Shopping List

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Letters to your baby

A large rectangular area with horizontal dotted lines for writing.