


Month One

Day 1 0 wks 1 day	Day 2 0 wks 2 days	Day 3 0 wks 3 days	Day 4 0 wks 4 days	Day 5 0 wks 5 days	Day 6 0 wks 6 days	Day 7 1 week
Thu, Mar 27	Fri, Mar 28	Sat, Mar 29	Sun, Mar 30	Mon, Mar 31	Tue, Apr 01	Wed, Apr 02
Approximate day of your last menstrual cycle.	If you smoke, this is the time to quit. Speak to your doctor about smoking cessation program.	Speak to your health care provider about any current medications and their health risks to developing fetus.	Look at your work and home environment for potential environmental hazards.	Schedule a dental exam prior to pregnancy to take care of any necessary dental work to avoid unnecessary exposure to x-rays.	Taking prenatal vitamins now with extra folic acid helps promote maternal and fetal health and prevent neural tube defects.	Alcohol and drugs are a serious threat fetal development. They should be avoided during pregnancy.
Day 8 1 week 1 day	Day 9 1 week 2 days	Day 10 1 week 3 days	Day 11 1 week 4 days	Day 12 1 week 5 days	Day 13 1 week 6 days	Day 14 2 wks
Thu, Apr 03	Fri, Apr 04	Sat, Apr 05	Sun, Apr 06	Mon, Apr 07	Tue, Apr 08	Wed, Apr 09
Getting a health physical for you and your partner prior to conception is helpful to avoid potential medical problems.	Now is the time to talk with your partner about parenting and pregnancy.	Ovulation should be occurring within the next several days. Look for increased mucus in vaginal secretions.	Caffeine's effect on developing baby is unknown. It is best to avoid caffeine during pregnancy.	If you have a regular exercise routine, usually there is no reason to stop.	If you haven't found a doctor or midwife, now is a good time to start looking for one.	 Based on a 28 day cycle, today is the approximate date of conception.
Day 15 2 wks 1 day	Day 16 2 wks 2 days	Day 17 2 wks 3 days	Day 18 2 wks 4 days	Day 19 2 wks 5 days	Day 20 2 wks 6 days	Day 21 3 wks
Thu, Apr 10	Fri, Apr 11	Sat, Apr 12	Sun, Apr 13	Mon, Apr 14	Tue, Apr 15	Wed, Apr 16
Once sperm enters egg, the egg splits and forms nuclei of ovum. Sperm nuclei and ovum nuclei join and this is fertilization.	Until day 15 baby is considered a zygote.	Sex of your baby is determined at the moment of fertilization.	Zygote is rapidly dividing and is surrounded by the zona pellucida. The zona pellucida holds the cells together.	The inner solid ball of cells is called the blastocyst.	The zona pellucida is replaced by the trophoblast.	The zygote is fed by uterine "milk" (or secretions from uterine glands) at this time.
Day 22 3 wks 1 day	Day 23 3 wks 2 days	Day 24 3 wks 3 days	Day 25 3 wks 4 days	Day 26 3 wks 5 days	Day 27 3 wks 6 days	Day 28 4 wks
Thu, Apr 17	Fri, Apr 18	Sat, Apr 19	Sun, Apr 20	Mon, Apr 21	Tue, Apr 22	Wed, Apr 23
Between days 7-10 from fertilization implantation usually occurs.	The amniotic sac begins to form at the time of implantation.	The yolk sac and umbilical cord also begin to form.	It is possible to receive positive results from a home pregnancy test at this time, but they are more accurate if taken after a missed period.	You may be feeling symptoms of pregnancy now such as nausea, fatigue, and breast tenderness.	You may be noticing more frequent urination and increased vaginal discharge.	If you have a 28 day cycle, you should note an absence of your menstrual cycle today.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Two

Day 29 4 wks 1 day	Day 30 4 wks 2 days	Day 31 4 wks 3 days	Day 32 4 wks 4 days	Day 33 4 wks 5 days	Day 34 4 wks 6 days	Day 35 5 wks
Thu, Apr 24	Fri, Apr 25	Sat, Apr 26	Sun, Apr 27	Mon, Apr 28	Tue, Apr 29	Wed, Apr 30
Baby is approximately 1 mm long.	Your baby is now called an embryo.	Baby's neural tube forms, heart begins to form, and blood begins to circulate.	Moms may notice nasal congestion and nosebleeds during pregnancy.	Mom's blood volume begins to increase. Mom's will have 45% more blood by the third trimester.	Baby's liver begins to function.	Mom's feelings about pregnancy range from ambivalence, excitement, to nervousness. All are normal.
Day 36 5 wks 1 day	Day 37 5 wks 2 days	Day 38 5 wks 3 days	Day 39 5 wks 4 days	Day 40 5 wks 5 days	Day 41 5 wks 6 days	Day 42 6 wks
Thu, May 01	Fri, May 02	Sat, May 03	Sun, May 04	Mon, May 05	Tue, May 06	Wed, May 07
Baby is approximately 2 mm long.	Eating dry crackers may help with morning sickness.	Mom's should plan rest periods throughout the day to help with fatigue.	Normal weight gain during pregnancy is 25 - 35 pounds. During the 1st trimester expect a 3 1/2 - 5 pound gain.	Baby's limb buds are noticeable now.	Baby's mouth, jaw, and esophagus are forming.	 Baby's heart begins to beat, although only visible through ultrasound
Day 43 6 wks 1 day	Day 44 6 wks 2 days	Day 45 6 wks 3 days	Day 46 6 wks 4 days	Day 47 6 wks 5 days	Day 48 6 wks 6 days	Day 49 7 wks
Thu, May 08	Fri, May 09	Sat, May 10	Sun, May 11	Mon, May 12	Tue, May 13	Wed, May 14
Baby's crown to rump length is 4-6 mm. Baby weighs about 0.4 grams	Baby's brain begins to form and cranial nerves are formed.	Baby is C shaped now and has a tail.	Moms may be experiencing mood swings and/or irritability.	Baby's placenta development begins.	Baby's eyes, ears, mouth, nose, lip, tongue, and teeth are forming.	Moms should expect to have blood work done or scheduled at first prenatal appointment.
Day 50 7 wks 1 day	Day 51 7 wks 2 days	Day 52 7 wks 3 days	Day 53 7 wks 4 days	Day 54 7 wks 5 days	Day 55 7 wks 6 days	Day 56 8 wks
Thu, May 15	Fri, May 16	Sat, May 17	Sun, May 18	Mon, May 19	Tue, May 20	Wed, May 21
Baby's crown to rump length is 8 mm or 0.30 inches. Baby weighs about 0.8 grams.	Mom may notice changes in skin pigmentation during pregnancy.	Baby's bones begin to form.	Baby's mouth, nose, and lips are recognizable.	Baby's sex glands appear.	Moms may find acupuncture helps with morning sickness.	Baby's fingers and toes are present, although they may still be webbed.
appointment date: _____	time: _____	questions for doctor: _____				
my weight: _____	blood pressure: _____	_____				
fetal heartbeat: _____	fundal height: _____	_____				

Month Three



Day 57 8 wks 1 day	Day 58 8 wks 2 days	Day 59 8 wks 3 days	Day 60 8 wks 4 days	Day 61 8 wks 5 days	Day 62 8 wks 6 days	Day 63 9 wks
Thu, May 22	Fri, May 23	Sat, May 24	Sun, May 25	Mon, May 26	Tue, May 27	Wed, May 28
Baby's crown to rump length is 12 mm or 0.50 inches. Baby weighs about 1 gram.	Baby's external ears are developing	Mom's clothing is probably getting tight now.	Washing your face several times a day may help with skin breakouts.	Baby's optic nerve and eyelids are developing.	Baby's arms and legs are moving now. This would be visible on ultrasound.	You may be able to hear your baby's heartbeat via doppler.
Day 64 9 wks 1 day	Day 65 9 wks 2 days	Day 66 9 wks 3 days	Day 67 9 wks 4 days	Day 68 9 wks 5 days	Day 69 9 wks 6 days	Day 70 10 wks
Thu, May 29	Fri, May 30	Sat, May 31	Sun, Jun 01	Mon, Jun 02	Tue, Jun 03	Wed, Jun 04
Baby's crown to rump length is 20 mm or 0.75 inches. Baby weighs about 2 grams.	Baby's muscles in trunk, limbs, and head are developing.	Male and female genitalia still look very similar.	Development of heart is complete.	Warm or cold compresses may help with headaches.	Your baby very clearly looks like a baby now.	Some women experience only mild pregnancy symptoms.
Day 71 10 wks 1 day	Day 72 10 wks 2 days	Day 73 10 wks 3 days	Day 74 10 wks 4 days	Day 75 10 wks 5 days	Day 76 10 wks 6 days	Day 77 11 wks
Thu, Jun 05	Fri, Jun 06	Sat, Jun 07	Sun, Jun 08	Mon, Jun 09	Tue, Jun 10	Wed, Jun 11
Baby's crown to rump length is 2.5-3.0 cm or 1.2 inches. Baby weighs about 3-5 grams or .25 ounces.	All organ systems and external structures are present now.	Baby's head is almost half of your baby's size.	Your baby's face is well formed.	Skipping meals because of morning sickness will likely make nausea worse. Eat small meals instead.	You might start wearing some maternity clothes now.	Pregnant moms require more oxygen. They may feel short of breath.
Day 78 11 wks 1 day	Day 79 11 wks 2 days	Day 80 11 wks 3 days	Day 81 11 wks 4 days	Day 82 11 wks 5 days	Day 83 11 wks 6 days	Day 84 12 wks
Thu, Jun 12	Fri, Jun 13	Sat, Jun 14	Sun, Jun 15	Mon, Jun 16	Tue, Jun 17	Wed, Jun 18
Baby's crown to rump length is 3-5 cm or 1.2-2.0 inches. Baby weighs about 8 grams.	Baby's fingers and toes begin growing soft nails.	Baby's intestines are developing.	Baby's bladder sac is formed.	Kegel exercises can help curb urinary incontinence.	Boy babies begin producing testosterone.	Congratulations! You have completed your first trimester.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Four



Day 85 12 wks 1 day	Day 86 12 wks 2 days	Day 87 12 wks 3 days	Day 88 12 wks 4 days	Day 89 12 wks 5 days	Day 90 12 wks 6 days	Day 91 13 wks
Thu, Jun 19	Fri, Jun 20	Sat, Jun 21	Sun, Jun 22	Mon, Jun 23	Tue, Jun 24	Wed, Jun 25
Baby's crown to rump length is 5-6 cm or 2.0-2.4 inches. Baby weighs about 14 grams or 0.5 ounces.	Baby's skin is pink and delicate.	Baby is making hormones such as insulin now.	Baby's liver is producing bile.	Pregnancy amnesia kicks in. You may find yourself more forgetful.	Sleeping on your belly is likely impossible. Try sleeping on your side.	Using a body pillow at night may help with discomfort.
Day 92 13 wks 1 day	Day 93 13 wks 2 days	Day 94 13 wks 3 days	Day 95 13 wks 4 days	Day 96 13 wks 5 days	Day 97 13 wks 6 days	Day 98 14 wks
Thu, Jun 26	Fri, Jun 27	Sat, Jun 28	Sun, Jun 29	Mon, Jun 30	Tue, Jul 01	Wed, Jul 02
Baby's crown to rump length is 7-9 cm or 3.0-3.5 inches. Baby weighs about 35 grams or 1.25 ounces.	Baby's tooth sockets are forming.	Baby's hair follicles develop.	Sleeping with your head elevated may help with night time heartburn.	Exercises performed laying flat on your back should be avoided now.	Lamaze, Bradley, Dick-Read, and hypnobirthing are childbirth methods to consider.	If you haven't picked one already, you are probably looking for baby names.
Day 99 14 wks 1 day	Day 100 14 wks 2 days	Day 101 14 wks 3 days	Day 102 14 wks 4 days	Day 103 14 wks 5 days	Day 104 14 wks 6 days	Day 105 15 wks
Thu, Jul 03	Fri, Jul 04	Sat, Jul 05	Sun, Jul 06	Mon, Jul 07	Tue, Jul 08	Wed, Jul 09
Baby's crown to rump length is 9-10 cm or 3.5-4.0 inches. Baby weighs about 50 grams or 1.75 ounces.	Baby begins to inhale and exhale amniotic fluid (practicing breathing).	Morning sickness has hopefully disappeared.	Baby has meconium present in the intestines now.	Mom may find her skin drier during pregnancy. Lotions may help.	Moms may experience leg cramps. Make sure to stretch legs when they occur.	Some women experience carpal tunnel syndrome during pregnancy. Talk to your doctor if you experience muscle aches in your hands and wrist.
Day 106 15 wks 1 day	Day 107 15 wks 2 days	Day 108 15 wks 3 days	Day 109 15 wks 4 days	Day 110 15 wks 5 days	Day 111 15 wks 6 days	Day 112 16 wks
Thu, Jul 10	Fri, Jul 11	Sat, Jul 12	Sun, Jul 13	Mon, Jul 14	Tue, Jul 15	Wed, Jul 16
Baby's crown to rump length is 10-11 cm or 4-4.3 inches. Baby weighs about 100 grams or 3.5 ounces.	Baby may be sucking its thumb.	You may be starting to feel baby move now. First time moms may not feel baby move till closer to 20 wks.	Baby's sex is distinguishable now. If you have an ultrasound it is possible to detect the baby's gender this early.	You'll probably be asked if you want blood work done for alpha fetoprotein testing done (a screening for neural tube defects or Down's Syndrome).	Moms may feel frustrated that you are too big for your regular clothes, but don't quite fit into maternity clothes.	There are many old wives tales predicting baby's gender. Try our gender prediction quiz.
appointment date: _____	time: _____	questions for doctor: _____				
my weight: _____	blood pressure: _____					
fetal heartbeat: _____	fundal height: _____					



Month Five

Day 113 16 wks 1 day	Day 114 16 wks 2 days	Day 115 16 wks 3 days	Day 116 16 wks 4 days	Day 117 16 wks 5 days	Day 118 16 wks 6 days	Day 119 17 wks
Thu, Jul 17	Fri, Jul 18	Sat, Jul 19	Sun, Jul 20	Mon, Jul 21	Tue, Jul 22	Wed, Jul 23
Baby's crown to rump length is 11 or 12 cm or 5 inches. Baby weighs about 100-150 grams or 3.5-5.3 ounces.	Baby's eyes and ears are in their proper place now.	Baby's circulatory system is completely functional.	Baby's sweat glands are developing.	Moms may have back pain during pregnancy. Try wearing a pregnancy support belt.	If you have other children, try having them sit on your lap instead of carrying or lifting them.	Eating high fiber foods such as fruits, veggies, and bran cereal may help with constipation.
Day 120 17 wks 1 day	Day 121 17 wks 2 days	Day 122 17 wks 3 days	Day 123 17 wks 4 days	Day 124 17 wks 5 days	Day 125 17 wks 6 days	Day 126 18 wks
Thu, Jul 24	Fri, Jul 25	Sat, Jul 26	Sun, Jul 27	Mon, Jul 28	Tue, Jul 29	Wed, Jul 30
Baby's crown to rump length is 13.5 cm or 5.3 inches. Baby weighs about 150-200 grams or 5.3-7.0 ounces.	Fine hair called lanugo is starting to appear.	Baby's fingerprints and toeprints are forming.	Baby's teeth beginning to form enamel.	Mom may be experiencing round ligament pains - pain or discomfort on one or both sides of abdomen.	Ask your doctor or midwife for safe over the counter medications to take for heartburn.	You probably have begun shopping for baby clothes and baby furniture.
Day 127 18 wks 1 day	Day 128 18 wks 2 days	Day 129 18 wks 3 days	Day 130 18 wks 4 days	Day 131 18 wks 5 days	Day 132 18 wks 6 days	Day 133 19 wks
Thu, Jul 31	Fri, Aug 01	Sat, Aug 02	Sun, Aug 03	Mon, Aug 04	Tue, Aug 05	Wed, Aug 06
Baby's crown to rump length is 15 cm or 6 inches. Baby weighs about 250 grams or 8.5 ounces.	Baby is sucking and swallowing.	Try talking to your baby. Baby can hear you.	Baby may assume favorite positions.	Moms may have a white vaginal discharge known as leukorrhea.	Moms may experience bleeding gums when brushing teeth.	You may have to be creative and try different positions during sexual intercourse.
Day 134 19 wks 1 day	Day 135 19 wks 2 days	Day 136 19 wks 3 days	Day 137 19 wks 4 days	Day 138 19 wks 5 days	Day 139 19 wks 6 days	Day 140 20 wks
Thu, Aug 07	Fri, Aug 08	Sat, Aug 09	Sun, Aug 10	Mon, Aug 11	Tue, Aug 12	Wed, Aug 13
Baby's crown to rump length is 16 cm or 6.3 inches. Baby weighs about 300 grams or 10.5 ounces.	Fetal heartbeat can be heard with fetoscope.	Baby's skin becomes less transparent.	Baby can grasp things.	Moms should elevate their feet and legs when resting or sitting to help with swelling.	If mom has developed hemorrhoids ice packs or topical ointments may help.	Now is a good time to register for childbirth preparations class.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Six



Day 141 20 wks 1 days	Day 142 20 wks 2 days	Day 143 20 wks 3 days	Day 144 20 wks 4 days	Day 145 20 wks 5 days	Day 146 20 wks 6 days	Day 147 21 wks
Thu, Aug 14	Fri, Aug 15	Sat, Aug 16	Sun, Aug 17	Mon, Aug 18	Tue, Aug 19	Wed, Aug 20
Baby's crown to rump length is 18 cm or 7 inches. Baby weighs about 300-350 grams or 10.5-12.3 ounces.	Vernix, a white lanolin-like covering, appears on baby to protect its skin.	You may have had an ultrasound and know your baby's gender.	Baby's nipples now appear on mammary glands.	Dad may become more involved in pregnancy.	Moms might have more vivid dreams or nightmares.	If you are planning to breastfeed, a breastfeeding class is recommended.
Day 148 21 wks 1 day	Day 149 21 wks 2 days	Day 150 21 wks 3 days	Day 151 21 wks 4 days	Day 152 21 wks 5 days	Day 153 21 wks 6 days	Day 154 22 wks
Thu, Aug 21	Fri, Aug 22	Sat, Aug 23	Sun, Aug 24	Mon, Aug 25	Tue, Aug 26	Wed, Aug 27
Baby's crown to rump length is 19 cm or 7.5 inches. Baby weighs about 350-425 grams or 12.3-15 ounces.	Baby's eyelashes and eyebrows are growing.	Baby's total length (head to toe) is approximately 10 inches.	Baby now sleeps and wakes on a somewhat regular schedule.	A birth plan is something you might be working on.	Some moms will hire a doula or labor assistant for support during labor.	During the second trimester, moms feel less fatigue and more energy.
Day 155 22 wks 1 day	Day 156 22 wks 2 days	Day 157 22 wks 3 days	Day 158 22 wks 4 days	Day 159 22 wks 5 days	Day 160 22 wks 6 days	Day 161 23 wks
Thu, Aug 28	Fri, Aug 29	Sat, Aug 30	Sun, Aug 31	Mon, Sep 01	Tue, Sep 02	Wed, Sep 03
Baby's crown to rump length is 20 cm or 7.9 inches. Baby weighs about 425-500 grams or 15 ounces - 1.1 pounds.	Baby is starting to make antibodies.	Dad may be able to see or feel baby's movements.	Baby's heartbeat is getting stronger.	Some moms have difficulty wearing contacts during pregnancy. This usually resolves 6 wks postpartum.	Moms may start to worry about weight gain. Nutrition during pregnancy is vital for proper development.	Sex life may be affected. Dad may have fears of hurting your or baby. You may desire sex more or sex drive may go down during pregnancy.
Day 162 23 wks 1 day	Day 163 23 wks 2 days	Day 164 23 wks 3 days	Day 165 23 wks 4 days	Day 166 23 wks 5 days	Day 167 23 wks 6 days	Day 168 24 wks
Thu, Sep 04	Fri, Sep 05	Sat, Sep 06	Sun, Sep 07	Mon, Sep 08	Tue, Sep 09	Wed, Sep 10
Baby's crown to rump length is 21 cm or 8.3 inches. Baby weighs about 500-600 grams or 1.1-1.3 pounds	Bleeding and blurred vision are some danger signs in pregnancy.	Baby's lungs are developing. Alveoli are forming.	Baby has developed a hand grip reflex and startle reflex.	Baby is getting bigger and has less space to move around.	Mom may be experiencing Braxton Hicks Contractions.	Dizziness during pregnancy sometimes occurs. Sleeping on your side is one thing you can do to help.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Seven



Day 169 24 wks 1 day	Day 170 24 wks 2 days	Day 171 24 wks 3 days	Day 172 24 wks 4 days	Day 173 24 wks 5 days	Day 174 24 wks 6 days	Day 175 25 wks
Thu, Sep 11	Fri, Sep 12	Sat, Sep 13	Sun, Sep 14	Mon, Sep 15	Tue, Sep 16	Wed, Sep 17
Baby's crown to rump length is 22 cm or 8.7 inches. Baby weighs about 600-700 grams or 1.3-1.5 pounds.	Baby's eye is completely developed and will open soon.	Baby's skin is red and wrinkled.	More than half of baby's born now will survive.	Mom may worry about having signs of preterm labor.	Mom is probably looking forward to baby shower soon.	If your having problems with leg cramps, try using heat.
Day 176 25 wks 1 day	Day 177 25 wks 2 days	Day 178 25 wks 3 days	Day 179 25 wks 4 days	Day 180 25 wks 5 days	Day 181 25 wks 6 days	Day 182 26 wks
Thu, Sep 18	Fri, Sep 19	Sat, Sep 20	Sun, Sep 21	Mon, Sep 22	Tue, Sep 23	Wed, Sep 24
Baby's crown to rump length is 23 cm or 9 inches. Baby weighs about 700-800 grams or 1.5-1.75 pounds.	Baby's total length (head to toe) is approximately 11 inches.	Baby's brain looks like a mature brain now.	Alveoli appear in the lungs and begin producing surfactant.	If you've had a prior cesarean birth you may be considering a VBAC, vaginal birth after cesarean.	Mom may notice increased shortness of breath.	More and more mothers are considering storing their baby's cord blood.
Day 183 26 wks 1 day	Day 184 26 wks 2 days	Day 185 26 wks 3 days	Day 186 26 wks 4 days	Day 187 26 wks 5 days	Day 188 26 wks 6 days	Day 189 27 wks
Thu, Sep 25	Fri, Sep 26	Sat, Sep 27	Sun, Sep 28	Mon, Sep 29	Tue, Sep 30	Wed, Oct 01
Baby's crown to rump length is 24 cm or 9.4 inches. Baby weighs about 850-1000 grams or 1.8-2.2 pounds.	Baby's eyes open.	Baby has a strong grip.	Baby is able to cry.	Moms are averaging a 1/2-1 pound weight gain per week now.	Moms may be experiencing groin pains.	Congratulations you have finished your second trimester!
Day 190 27 wks 1 day	Day 191 27 wks 2 days	Day 192 27 wks 3 days	Day 193 27 wks 4 days	Day 194 27 wks 5 days	Day 195 27 wks 6 days	Day 196 28 wks
Thu, Oct 02	Fri, Oct 03	Sat, Oct 04	Sun, Oct 05	Mon, Oct 06	Tue, Oct 07	Wed, Oct 08
Baby's crown to rump length is 25 cm or 9.8 inches. Baby weighs about 1000-1100 grams or 2.2-2.4 pounds.	Mom should start monitoring fetal movements through daily kick counts.	Baby starts to recognize mom's voice in third trimester.	If baby is a boy, testes are descending.	You should be tested for gestational diabetes now.	Braxton Hicks contractions may be increasing.	You will probably begin seeing your health care provider every 2 wks now.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Eight



Day 197 28 wks 1 days	Day 198 28 wks 2 days	Day 199 28 wks 3 days	Day 200 28 wks 4 days	Day 201 28 wks 5 days	Day 202 28 wks 6 days	Day 203 29 wks
Thu, Oct 09	Fri, Oct 10	Sat, Oct 11	Sun, Oct 12	Mon, Oct 13	Tue, Oct 14	Wed, Oct 15
Baby's crown to rump length is 26 cm or 10.2 inches. Baby weighs about 1100-1250 grams or 2.4-2.75 pounds	Baby is 2/3 it's final size.	Baby is picking up body fat and filling out.	Baby is able to partially control it's own body temperature now.	Mom may be experiencing increased urination again.	Talk to your health care provider about guidelines to call when having contractions.	Mom may be trying to decide whether or not to circumcise if baby is a boy.
Day 204 29 wks 1 day	Day 205 29 wks 2 days	Day 206 29 wks 3 days	Day 207 29 wks 4 days	Day 208 29 wks 5 days	Day 209 29 wks 6 days	Day 210 30 wks
Thu, Oct 16	Fri, Oct 17	Sat, Oct 18	Sun, Oct 19	Mon, Oct 20	Tue, Oct 21	Wed, Oct 22
Baby's crown to rump length is 27 cm or 10.6 inches. Baby weighs about 1300-1400 grams or 2.8-3.1 pounds	Baby's total length (head to toe) is approximately 15.5 inches.	Baby's has rhythmic breathing, but lungs are still not fully mature.	Baby's eyes respond to light. Baby's bones are fully developed.	Now is a good time to practice relaxation exercises.	Mom should discuss options available to her if she should need a cesarean section.	La Leche League is a non-profit organization that provides support for breastfeeding moms.
Day 211 30 wks 1 day	Day 212 30 wks 2 days	Day 213 30 wks 3 days	Day 214 30 wks 4 days	Day 215 30 wks 5 days	Day 216 30 wks 6 days	Day 217 31 wks
Thu, Oct 23	Fri, Oct 24	Sat, Oct 25	Sun, Oct 26	Mon, Oct 27	Tue, Oct 28	Wed, Oct 29
Baby's crown to rump length is 28 cm or 11 inches. Baby weighs about 1500-1600 grams or 3.3-3.5 pounds	Baby's kicking may be stronger and more vigorous.	Baby's heart rate is about 120-160 beats per minute.	Baby sleeps most of the time now and has period of REM sleep.	You may notice leaking colostrum.	You should report lack of fetal movement to your health care provider immediately.	You may be experiencing leaking urine or stress incontinence.
Day 218 31 wks 1 day	Day 219 31 wks 2 days	Day 220 31 wks 3 days	Day 221 31 wks 4 days	Day 222 31 wks 5 days	Day 223 31 wks 6 days	Day 224 32 wks
Thu, Oct 30	Fri, Oct 31	Sat, Nov 01	Sun, Nov 02	Mon, Nov 03	Tue, Nov 04	Wed, Nov 05
Baby's crown to rump length is 29 cm or 11.4 inches. Baby weighs about 1700-1800 grams or 3.75-4 pounds	Baby begins storing iron, phosphorous, and calcium.	Baby's testicles (if a boy) may be located in the scrotal sac now.	Baby is gaining weight more rapidly now.	You may be anxious and restless about labor.	Now is a good time to discuss with your health care provider birth control options.	You may be put on bedrest if there are signs of preterm labor.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Nine



Day 225 32 wks 1 day	Day 226 32 wks 2 days	Day 227 32 wks 3 days	Day 228 32 wks 4 days	Day 229 32 wks 5 days	Day 230 32 wks 6 days	Day 231 33 wks
Thu, Nov 06	Fri, Nov 07	Sat, Nov 08	Sun, Nov 09	Mon, Nov 10	Tue, Nov 11	Wed, Nov 12
Baby's crown to rump length is 30 cm or 11.8 inches. Baby weighs about 1900-2000 grams or 4.2-4.4 pounds	Baby appears less red and wrinkled now.	Babies born at this time have a good chance of survival, but will require extra care.	Baby's kidneys are fully developed.	Headaches, blurred vision and excessive swelling are signs of preeclampsia.	Moms may experience increased shortness of breath.	It's a good idea to take rings off during the third trimester if you are having problems with swelling.
Day 232 33 wks 1 day	Day 233 33 wks 2 days	Day 234 33 wks 3 days	Day 235 33 wks 4 days	Day 236 33 wks 5 days	Day 237 33 wks 6 days	Day 238 34 wks
Thu, Nov 13	Fri, Nov 14	Sat, Nov 15	Sun, Nov 16	Mon, Nov 17	Tue, Nov 18	Wed, Nov 19
Baby's crown to rump length is 31 cm or 12.2 inches. Baby weighs about 2100-2250 grams or 4.6-5 pounds	Baby is becoming increasingly cramped for space, but is still very active.	Many baby's eyes are blue at birth, but change colors later.	Dress in layers if you find yourself feeling hotter than usual.	Your sex drive may decrease during the third trimester.	Drinking more water will help with swelling.	Witch hazel compresses may help with hemorrhoids.
Day 239 34 wks 1 day	Day 240 34 wks 2 days	Day 241 34 wks 3 days	Day 242 34 wks 4 days	Day 243 34 wks 5 days	Day 244 34 wks 6 days	Day 245 35 wks
Thu, Nov 20	Fri, Nov 21	Sat, Nov 22	Sun, Nov 23	Mon, Nov 24	Tue, Nov 25	Wed, Nov 26
Baby's crown to rump length is 33 cm or 13 inches. Baby weighs about 2350-2550 grams or 5.2-5.6 pounds	Baby should be turned head down and preparing for birth.	Baby's lanugo hair is starting to disappear.	During the last wks of pregnancy it would be best not to do any lengthy travels.	Babies need a rear facing carseat to travel home from the hospital.	If you still having difficulty coming up with a name try our baby name database.	Talk to your health care provider about pain relief options during labor.
Day 246 35 wks 1 day	Day 247 35 wks 2 days	Day 248 35 wks 3 days	Day 249 35 wks 4 days	Day 250 35 wks 5 days	Day 251 35 wks 6 days	Day 252 36 wks
Thu, Nov 27	Fri, Nov 28	Sat, Nov 29	Sun, Nov 30	Mon, Dec 01	Tue, Dec 02	Wed, Dec 03
Baby's crown to rump length is 34 cm or 13.4 inches. Baby weighs about 2600-2750 grams or 5.7-6 pounds	Baby's fingernails reach the end of fingers.	Now is a good time to pack your bag for the hospital.	Don't forget to have a camera packed.	Baby's total length (head to toe) is approximately 18.5 inches.	Group B strep is a lab test that is commonly done between 35-37 wks.	You will start having once a week appointments now.
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						

Month Ten



Day 253 36 wks 1 day	Day 254 36 wks 2 days	Day 255 36 wks 3 days	Day 256 36 wks 4 days	Day 257 36 wks 5 days	Day 258 36 wks 6 days	Day 259 37 wks
Thu, Dec 04	Fri, Dec 05	Sat, Dec 06	Sun, Dec 07	Mon, Dec 08	Tue, Dec 09	Wed, Dec 10
Baby's crown to rump length is 35 cm or 13.8 inches. Baby weighs about 2850-2950 grams or 6.3-6.5 pounds	Both boy and girl babies may have swollen breasts when born.	Increased mucousy vaginal discharge is common in the last few wks of pregnancy.	Bloody show is one sign of labor.	False labor is fairly common. It is always safer to go in and be checked.	You may have a vaginal exam to check for dilation and effacement.	Babies born now are considered full term.
Day 260 37 wks 1 day	Day 261 37 wks 2 days	Day 262 37 wks 3 days	Day 263 37 wks 4 days	Day 264 37 wks 5 days	Day 265 37 wks 6 days	Day 266 38 wks
Thu, Dec 11	Fri, Dec 12	Sat, Dec 13	Sun, Dec 14	Mon, Dec 15	Tue, Dec 16	Wed, Dec 17
Baby's crown to rump length is 35-36 cm or 13.8-14.2 inches. Baby weighs about 3000-3100 grams or 6.6-6.8 pounds	Baby girls will have a pink or mucousy vaginal discharge during the first few days after birth.	You are cleaning like your mother in law is coming for a visit (other wise known as nesting).	Backaches and menstrual type cramps may be early signs of labor.	Increased pelvic pressure is another sign of early labor.	Make a phone list of everyone that needs to be called after birth. Better yet, set up a phone tree with family and friends.	If you don't have someone to help after baby is born, freeze up some meals ahead of time so you won't have to cook right away.
Day 267 38 wks 1 day	Day 268 38 wks 2 days	Day 269 38 wks 3 days	Day 270 38 wks 4 days	Day 271 38 wks 5 days	Day 272 38 wks 6 days	Day 273 39 wks
Thu, Dec 18	Fri, Dec 19	Sat, Dec 20	Sun, Dec 21	Mon, Dec 22	Tue, Dec 23	Wed, Dec 24
Baby's crown to rump length is 36-37 cm or 14.2-14.6 inches. Baby weighs about 3200-3250 grams or 7-7.2 pounds.	Baby's skin is pink and smooth now.	If baby's head is not downward, you may have a cesarean birth.	Walking may help to encourage labor.	A list of positive affirmations may be helpful during labor.	It's a good idea to put baby's carseat in the car now so it doesn't get forgotten.	Diarrhea, nausea, and indigestion are all possible signs of early labor.
Day 274 39 wks 1 day	Day 275 39 wks 2 days	Day 276 39 wks 3 days	Day 277 39 wks 4 days	Day 278 39 wks 5 days	Day 279 39 wks 6 days	Day 280 40 wks
Thu, Dec 25	Fri, Dec 26	Sat, Dec 27	Sun, Dec 28	Mon, Dec 29	Tue, Dec 30	Wed, Dec 31
Baby's crown to rump length is 37-38 cm or 14.6-15 inches. Baby weighs about 3400-3450 grams or 7.5-7.6 pounds	You may have a sudden burst of energy.	Only a little more than 10% of women's water breaks before the onset of labor.	Non stress tests are usually done if baby goes past its due date.	Baby's total length (head to toe) is approximately 21.5 inches.	Your doctor will likely schedule an induction if you go past 41-42 wks.	Congratulations you have reached your due date!
appointment date: _____ time: _____ questions for doctor: _____ my weight: _____ blood pressure: _____ fetal heartbeat: _____ fundal height: _____						