

1st Trimester Checklist

- **WEEK 4:** Congrats, you're pregnant!
- **WEEK 5:** Start taking prenatal vitamins.
- **WEEK 6:** Make an appointment with your OB/GYN.
- **WEEK 7:** Stock-up on easy meals and snacks.
- **WEEK 8:** Your 1st prenatal visit.
- **WEEK 9:** Start taking belly photos.
- **WEEK 10:** Join a birth club.
- **WEEK 11:** Start thinking about your baby registry.
- **WEEK 12:** Announce your pregnancy!

Learn more about each week's tasks, and grab the additional Pregnancy Checklists, at www.amomstake.com/pregnancy-checklist-1st-trimester