

# 3rd Trimester Checklist

- **WEEK 28:** Get a guest list to your baby shower hostess.
- **WEEK 29:** Start a birthing class.
- **WEEK 30:** Attend your baby shower.
- **WEEK 31:** Get pregnancy pictures taken.
- **WEEK 32:** Shop the rest of your baby registry.
- **WEEK 33:** Put together all the baby gear.
- **WEEK 34:** Take a tour of the hospital.
- **WEEK 35:** Make freezer meals by doubling your recipes.
- **WEEK 36:** Pack your hospital bag.
- **WEEK 37:** You're officially full term, pamper yourself!
- **WEEK 38:** Plan a date night-in with your partner.
- **WEEK 39:** Throw a "birth" day party for your baby.
- **WEEK 40:** Snuggle your newborn!

Learn more about each week's tasks, and grab the additional Pregnancy Checklists, at [www.amomstake.com/pregnancy-checklist-3rd-trimester](http://www.amomstake.com/pregnancy-checklist-3rd-trimester)