ONE CALM OVERVIEW

Pregnancy Checklist

FREE · 1 PAGE

A gentle trimester-by-trimester starter. This is for organization only — always follow your provider's guidance.

NAME _____ DUE DATE _____ PROVIDER _____

First trimester

- [ ] Confirm prenatal care & first appointment
- [ ] Start a prenatal vitamin (ask your provider)
- [ ] Note due date & key contacts
- [ ] Share the news when you feel ready
- [ ] Ask about genetic screening options
- [ ] Begin a simple symptom & question log

Second trimester

- [ ] Anatomy scan (around weeks 18–22)
- [ ] Start a baby registry outline
- [ ] Tour the hospital or birth center
- [ ] Discuss parental leave plans
- [ ] Sketch a baby budget
- [ ] Begin nursery or sleep-space ideas

Third trimester

- [ ] Pack the hospital bag
- [ ] Install and check the car seat
- [ ] Choose a pediatrician
- [ ] Write birth preferences (flexible)
- [ ] Plan postpartum support & meals
- [ ] Wash newborn clothes & set up bassinet

Tip: The full Pregnancy Planner adds week-by-week check-ins, appointment notes, a bump journal, budget, registry and hospital bag pages.