

# Pregnancy Checklist Bundle

Guide to taking care of yourself and your baby

**In this bundle:**

1. Checklist for 1st trimester
2. Checklist for 2nd trimester
3. Checklist for 3rd trimester
4. Weekly Self-care checklist



# Pregnancy Checklist

## First Trimester

### Take Care Of Yourself

- Consult your doctor about medications you're taking
- Make sure your activities are pregnancy-safe
- Buy some new clothes, including supportive bras
- Quit smoking and drinking alcohol
- Rest

### Plan Your Doctor Visit

- Make a prenatal appointment
- Research pregnancy risks & problems
- Use a journal to record observations and questions
- Look into childbirth classes

**Tip:** Checkout YH partners for services

### Preparing For Your Baby

- Exercise regularly
- Start budgeting for the baby
- Think about where and how you'd like to give birth
- Research the maternity leave policy at your workplace

### Fuel Your Body

- Take folic acid supplements
- Use ginger to settle your stomach and eat small, frequent meals.

**Tip:** Checkout YH Recipes for great nutrient boosts

# Pregnancy Checklist

## Second Trimester

### Take Care Of Yourself

- Start shopping for maternity clothes
- Stock up on the skincare products you need
- Get your anomaly scan and ultrasound exam
- Find out the baby's gender
- Keep exercising
- Avoid food that might hurt the baby

### Preparing For The Baby

- Announce the good news
- Start preparing the nursery
- Gender reveal party
- Begin thinking about your baby's name!
- Plan maternity leave with your employer
- Get your anomaly scan and ultrasound exam

**Tip:** Try a pregnancy yoga class and use our planner to stay intentional about your health

# Pregnancy Checklist

## Third Trimester

### Prepare Yourself

### Prepare for Birth

Organize the baby's stuff

Baby shower

Make a postpartum kit

Pack your hospital bag

Prepare a car seat

Prepare a car sit

Find a good pediatrician

Know the signs of labor

Destress

Finish setting up the nursery

Confirm maternity leave

Stock up on the baby products

Strengthen your support system

Decide on a baby name

YeneHealth  
carve

**Tip:** Checkout our hospital/delivery bag list to make sure you don't forget anything

# WEEKLY PREGNANCY SELF CARE CHECKLIST

- Stay hydrated
- Spend time with yourself
- Take a bath
- Take a Lamaze Class
- Take a Nap
- Do yoga
- Listen to soothing music
- Say your daily affirmations

**Tip:** Checkout our partner,  
Guya, for a Lamaze Class

