



Petal & Paper

YOUR FREE PRINTABLE

Pregnancy milestone tracker



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G R O W I N G A H U M A N

pregnancy milestones

First trimester (weeks 1–12)

Week of positive test: ____
First symptoms: ____
First scan date: ____
Due date confirmed: ____
Told family: ____

Third trimester (weeks 27–40)

Nursery ready: ____
Hospital bag packed: ____
Maternity leave starts: ____
Birth plan done: ____
Last day at work: ____

Second trimester (weeks 13–26)

First bump photo: week ____
First kick felt: week ____
Gender reveal: ____
Baby shower date: ____
Name decided: ____

The birth

Due date: ____
Birth date: ____
Time: ____ Weight: ____ Length: ____
First word from: ____
Who was there: ____