



Petal & Paper

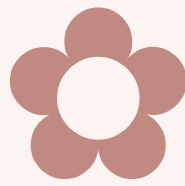
YOUR FREE PRINTABLE

Pregnancy symptom daily log



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P R E G N A N C Y S Y M P T O M L O G

daily tracker

Week · ____ **Date:** ____ **Baby's heart rate at last appointment:** ____

Nausea · **Severity:** ____/5 **Time of day:** ____ **Triggered by:** ____

Fatigue · ____/5 **Able to work:** ☐ **Needed to rest:** ☐

Mood · **Happy** ☐ **Anxious** ☐ **Tearful** ☐ **Overwhelmed** ☐ **Calm** ☐

Food · **Cravings:** ____ **Aversions:** ____ **Able to eat:** ☐

Physical · **Backache:** ☐ **Headache:** ☐ **Swelling:** ☐ **Heartburn:** ☐

Concerns to mention to midwife ·

💕 EVERY SYMPTOM IS PART OF THE
EXTRAORDINARY WORK YOUR BODY IS
DOING

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