



Petal & Paper

YOUR FREE PRINTABLE

Pregnancy weekly tracker



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W E E K B Y W E E K

pregnancy tracker

This week (week ____)

Baby size this week: _____

How I feel physically: _____

How I feel emotionally: _____

Cravings or aversions: _____

Symptoms

Energy level: ____/5 Nausea: yes / no / easing

Sleep quality: ____/5 Bump measuring: ____cm

Movements (after week 18): ____ Active: yes / no

New symptom to mention: _____

Appointments and notes

Midwife / scan appointment: ____ Date: ____

Questions to ask: _____

Test results / outcomes: _____

Notes: _____

This week's highlights

Best moment: _____

What I am grateful for: _____

Message to baby: _____