Pregnancy Journal

A 40-week companion from The Women's Sphere

Mama-to-be:
Due date:
First heartbeat heard on:
First movements felt on:

How to use this journal

Each week has space for how you feel, what's changing, questions for your doctor, and one moment to remember. Fill it in as you go — there's no wrong way.

First Trimester (Weeks 1–13)

- Confirm pregnancy & book first prenatal visit
- Start a prenatal vitamin with folic acid
- Note first symptoms (nausea, fatigue, tender breasts)
- Choose your care provider
- Discuss screening tests

Second Trimester (Weeks 14–27)

- Anatomy scan (around week 20)
- Feel first movements
- Start a gentle exercise routine
- Plan maternity wardrobe
- Start baby registry

Third Trimester (Weeks 28–40)

- Glucose screening
- Pack hospital bag
- Finalize birth plan
- Install car seat
- Childbirth & breastfeeding classes

Week 1

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 2

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 3

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 4

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 5

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 6

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 7

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 8

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 9

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 10

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 11

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 12

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 13

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 14

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 15

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 16

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 17

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 18

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 19

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 20

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 21

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 22

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 23

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 24

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 25

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 26

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 27

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 28

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 29

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 30

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 31

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 32

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 33

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 34

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 35

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 36

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 37

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 38

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 39

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____

Week 40

Baby size this week:

How I'm feeling:

_____
_____
_____

Symptoms & changes:

_____
_____

Questions for my doctor:

_____
_____

One moment I want to remember:

_____