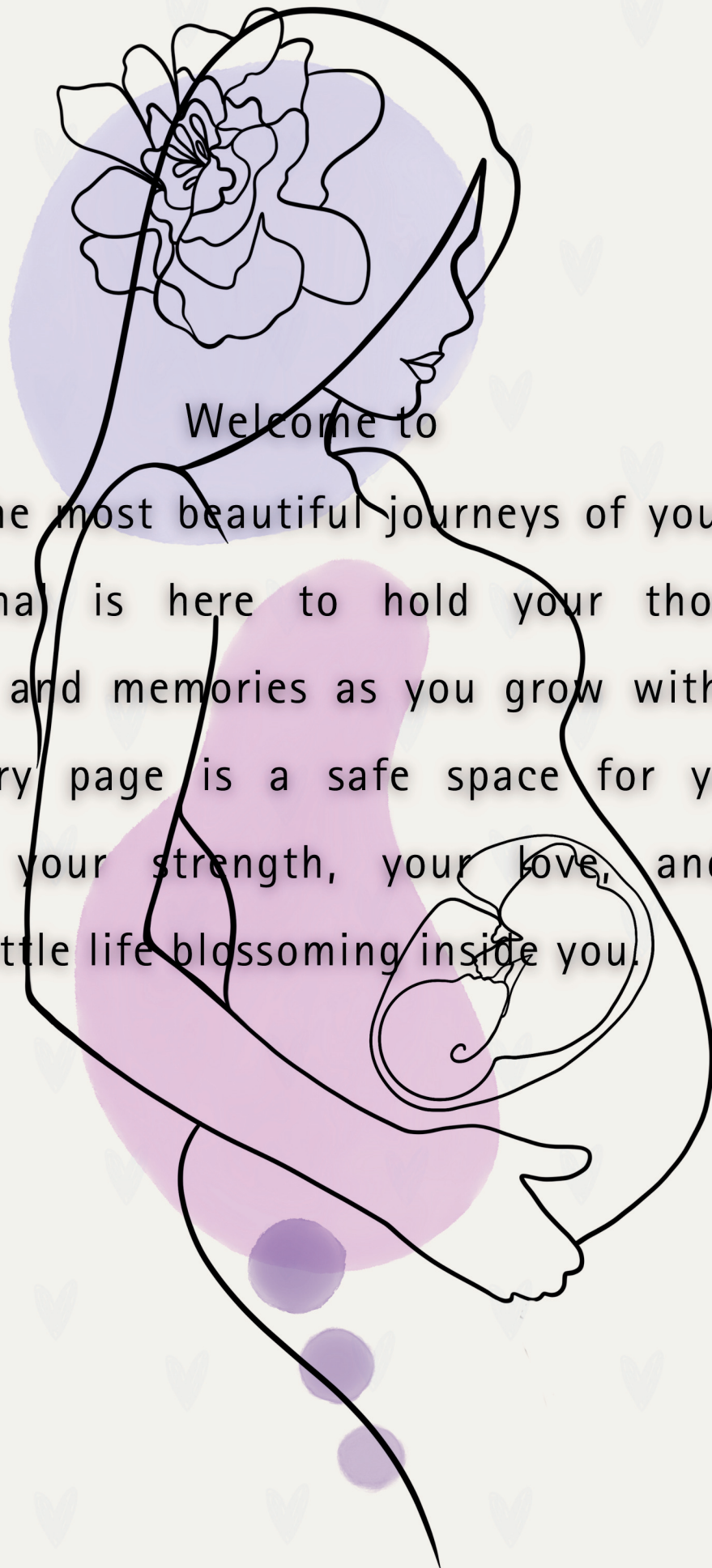


*MY*  
*PREGNANCY*  
*JOURNEY*

A WEEK-BY-WEEK JOURNAL  
OF MEMORIES & MILESTONES







Welcome to

one of the most beautiful journeys of your life. This journal is here to hold your thoughts, emotions, and memories as you grow with your baby. Every page is a safe space for you to celebrate your strength, your love, and the precious little life blossoming inside you.



# Inside This Journal

## Getting Started

- How to Use This Journal
- Personal Information Page
- Yearly Calendar
- First Feelings & Reflections

## First Trimester

- Welcome Page – Trimester 1
- Weekly Pages + Weekly Gratitude
- Monthly Memories

## Second Trimester

- Welcome Page – Trimester 2
- Weekly Pages + Weekly Gratitude
- Monthly Memories

## Third Trimester

- Welcome Page – Trimester 3
- Weekly Pages + Weekly Gratitude
- Monthly Memories

## Baby Preparation

- Baby Name Ideas
- Baby Gender Reveal
- Baby Essentials Checklist

## Health & Organization

- Medical Appointments Tracker
- Hospital Bag Checklist

## Extras

- Stickers
- Photo Gallery

Closing Page



# Welcome to Your Pregnancy Journey

*You're about to start a beautiful journey full of love, growth, and memories*

## How to Use This Journal ?



**Write Your Weekly Notes:** Take a few minutes each week to record your feelings, body changes, and any important details.



**Add Photos:** Place a picture of your bump or any special memory from that week to capture your journey visually.



**Track Medical Appointments:** Note every doctor's visit or important check-up so you never forget.



**Express Your Feelings Freely:** This journal is your safe space—write openly, without rules or limits.



**Set Weekly Intentions:** At the start of each week, write down a small goal or intention (e.g., rest more, drink more water)



**Practice Gratitude:** Add one thing you're grateful for each week—it helps keep your mindset positive.



**Leave a Note to Your Baby:** Write a short message or wish to your little one. These will be beautiful to read later.



**Make It Yours:** Add stickers, doodles, or decorations. This is not just a journal—it's your story.



## Personal Information

*I am fully present and grateful for this moment; every new week is an achievement to celebrate, and I am ready for this journey with love and strength*

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Pregnancy Start Date / Last Menstrual Period: \_\_\_\_\_

Expected Due Date: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Hospital / Doctor: \_\_\_\_\_

Emergency Contact / Doctor Phone: \_\_\_\_\_

Is This My First / Second / Third Pregnancy? \_\_\_\_\_

My Pre-Pregnancy Weight: \_\_\_\_\_

Allergies: \_\_\_\_\_



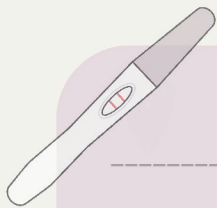


Y E A R : \_\_\_\_\_

<div>January</div> <div><div>01020304</div><div>05060708091011</div><div>12131415161718</div><div>19202122232425</div><div>262728293031</div></div>	<div>February</div> <div><div>01</div><div>02030405060708</div><div>09101112131415</div><div>16171819202122</div><div>232425262728</div></div>	<div>March</div> <div><div>01</div><div>02030405060708</div><div>09101112131415</div><div>16171819202122</div><div>23242526272829</div><div>3031</div></div>
<div>April</div> <div><div>0102030405</div><div>06070809101112</div><div>13141516171819</div><div>20212223242526</div><div>27282930</div></div>	<div>May</div> <div><div>010203</div><div>04050607080910</div><div>11121314151617</div><div>25192021222324</div><div>18262728293031</div></div>	<div>June</div> <div><div>01020304050607</div><div>08091011121314</div><div>15161718192021</div><div>22232425262728</div><div>2930</div></div>
<div>July</div> <div><div>0102030405</div><div>06070809101112</div><div>13141516171819</div><div>20212223242526</div><div>2728293031</div></div>	<div>August</div> <div><div>0102</div><div>03040506070809</div><div>10111213141516</div><div>17181920212223</div><div>24252627282930</div><div>31</div></div>	<div>September</div> <div><div>010203040506</div><div>07080910111213</div><div>14151617181920</div><div>21222324252627</div><div>282930</div></div>
<div>October</div> <div><div>01020304</div><div>05060708091011</div><div>12131415161718</div><div>19202122232425</div><div>262728293031</div></div>	<div>November</div> <div><div>01</div><div>02030405060708</div><div>09101112131415</div><div>16171819202122</div><div>23242526272829</div><div>30</div></div>	<div>December</div> <div><div>010203040506</div><div>07080910111213</div><div>14151617181920</div><div>21222324252627</div><div>28293031</div></div>



This is how I felt when I first discovered I was pregnant





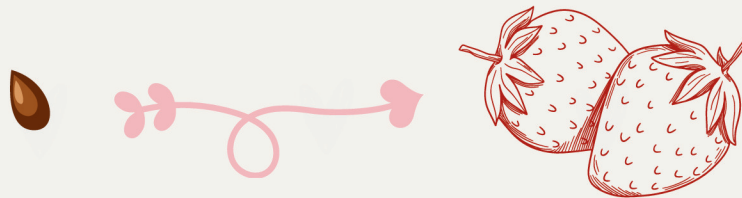
# First Trimester (Weeks 1-12)



Welcome to your First Trimester



During these first precious weeks, your baby is growing so fast — from the size of a tiny seed to a sweet little strawberry. This is the beginning of a journey full of changes, emotions, and small milestones worth celebrating. Take it slow, listen to your body, and remember: Each moment you live and every change you feel is a sign of the beautiful life growing inside you.



## MY GOALS FOR THIS TRIMESTER

☐

Focus on nutrition

☐

Get enough rest

☐☐☐☐

# Important Dates This First Trimester (Weeks 1–12)

*date*

*Appointment/Notes*

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# WEEK 1: FROM TO

## Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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## Symptoms & Mood

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## Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 1

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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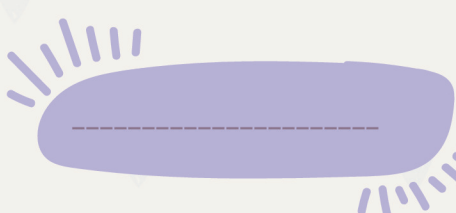
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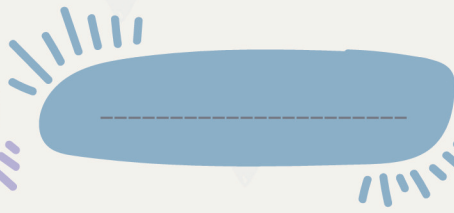
## Photo of the week




## This Week, I'm Grateful For...



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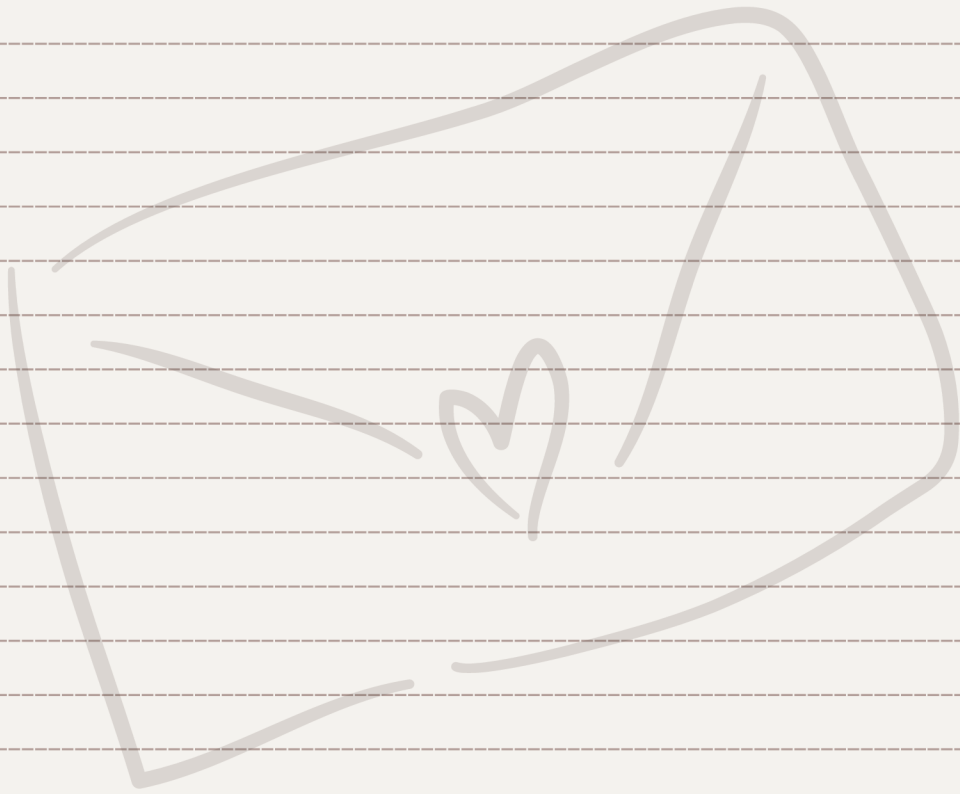
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# JUST FOR ME



WEEK 2 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 2

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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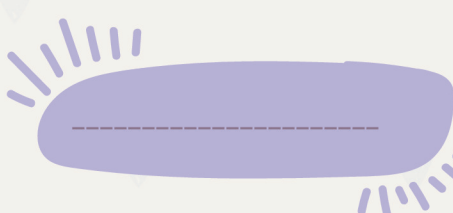
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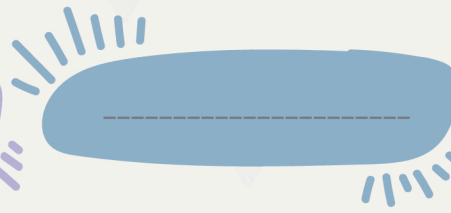
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 3 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 3

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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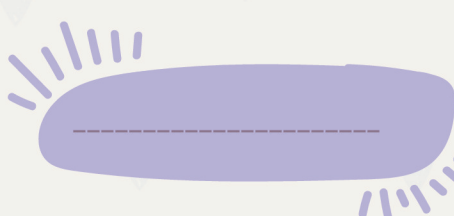
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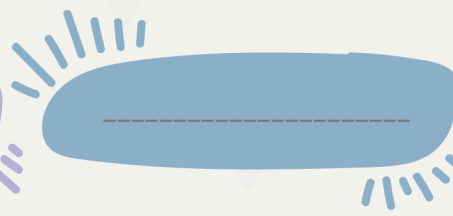
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 4 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 4

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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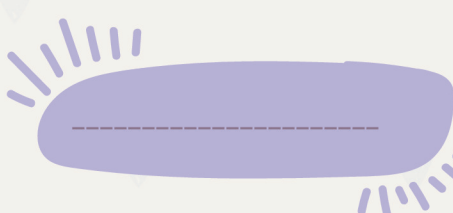
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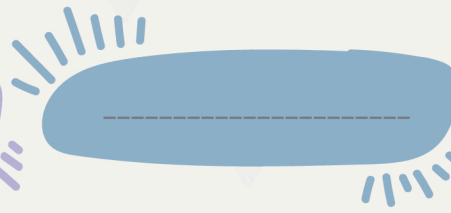
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



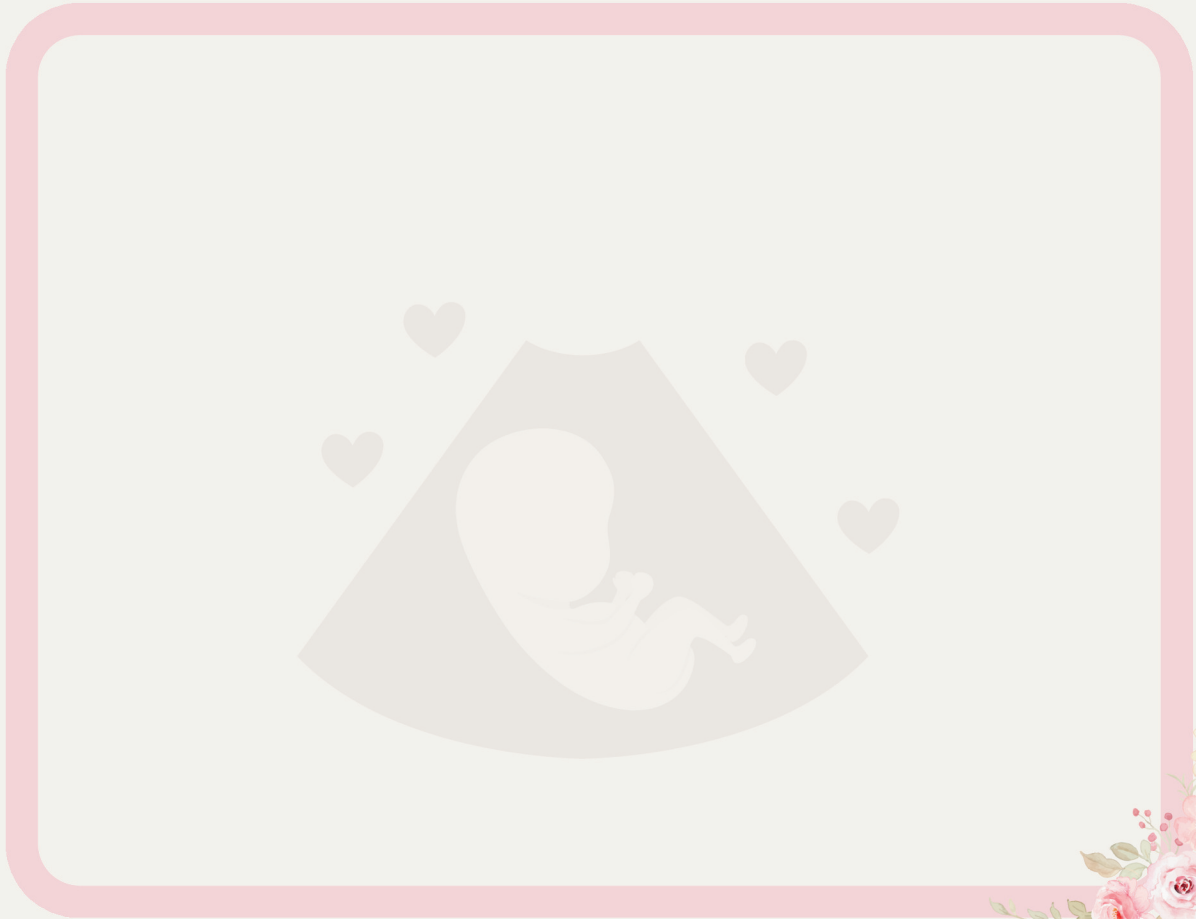
# MY MONTHLY MEMORIES

## *Most Memorable Moments*





## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 5 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 5

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME





WEEK 6 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 6

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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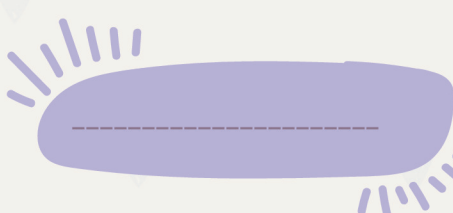
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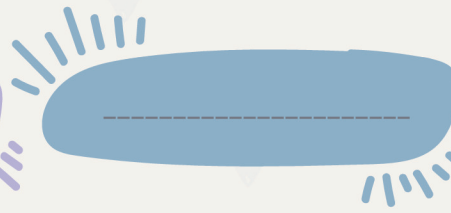
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 7 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 7

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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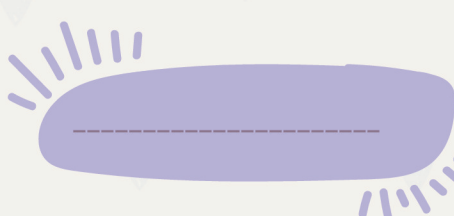
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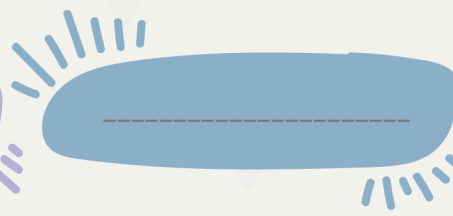
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 8 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 8

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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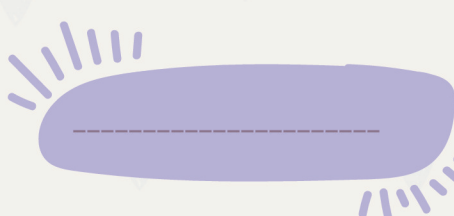
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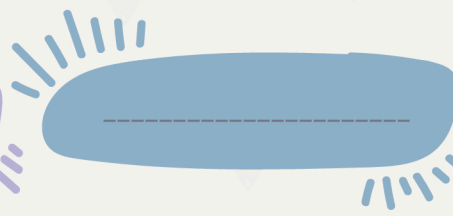
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 9 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 9

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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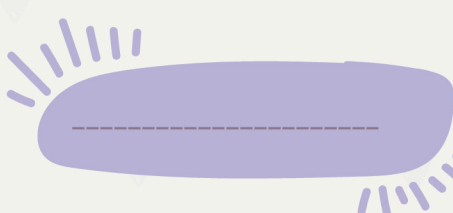
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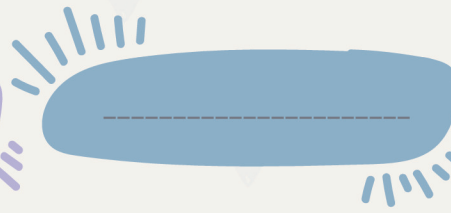
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 10 : FROM  / / TO  / /

### Goals for This Week

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 10

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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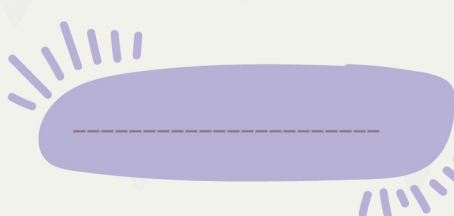
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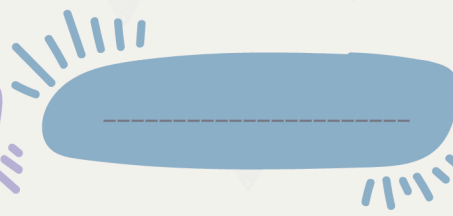
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 11 : FROM  // // TO  // //

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 11

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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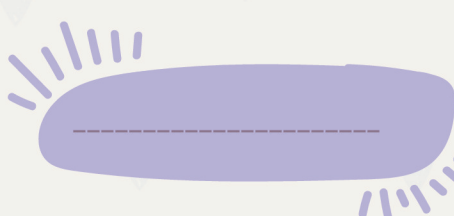
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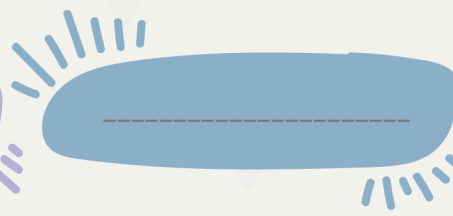
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 12 : FROM  / / TO  / /

### Goals for This Week

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 12

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME





# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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# Second Trimester (Weeks 13–26)



Welcome to your Second Trimester



This is often called the “golden trimester.” Your baby is growing stronger — from the size of a lemon to a beautiful papaya. You may start to feel those first gentle kicks, hear your baby’s heartbeat more clearly, and notice your body blooming with new energy. Celebrate these special moments, care for yourself with love, and enjoy the deeper bond forming between you and your little one.



## MY GOALS FOR THIS TRIMESTER

☐

I prepare emotionally for motherhood

☐

I stay active with gentle movement

☐☐☐☐

## Important Dates This Second Trimester (Weeks 13–26)

***date***

**Appointment/Notes**

WEEK 13 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 13

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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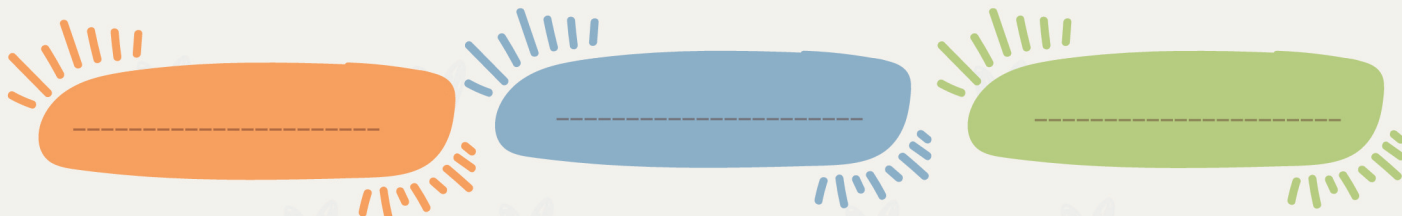
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## Photo of the week



## This Week, I'm Grateful For...



# JUST FOR ME



WEEK 14 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 14

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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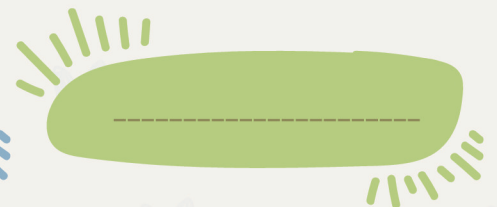
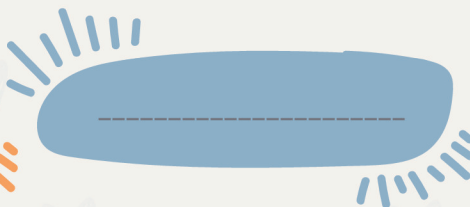
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 15 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 15

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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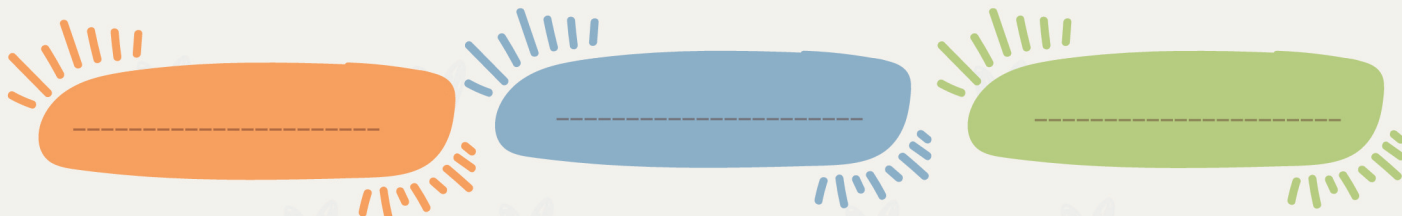
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 16 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 16

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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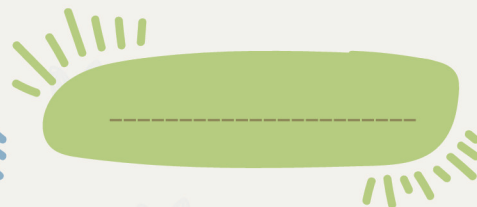
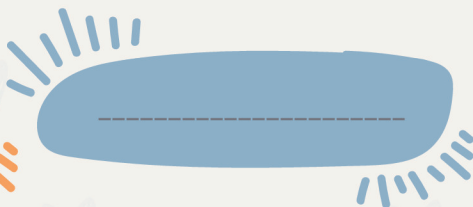
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*





## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 17: FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 17

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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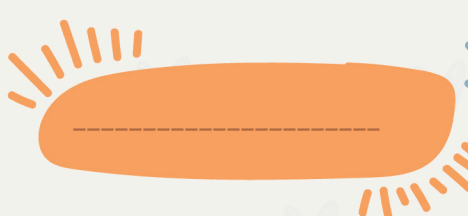
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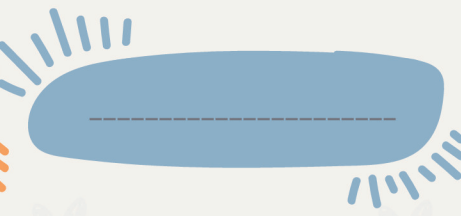
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 18 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 18

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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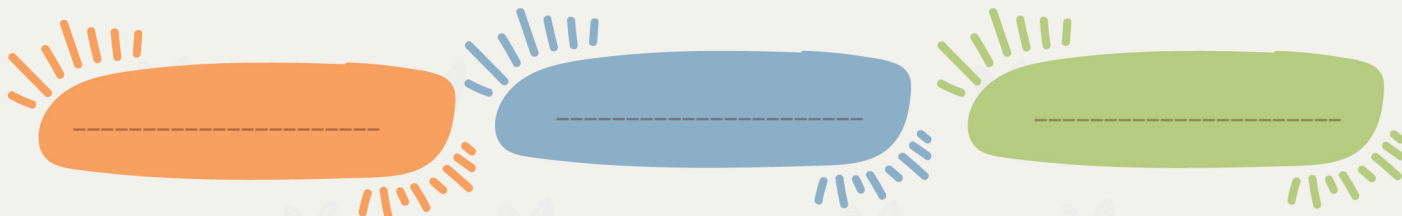
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## Photo of the week



## This Week, I'm Grateful For...





# JUST FOR ME



WEEK 19 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 19

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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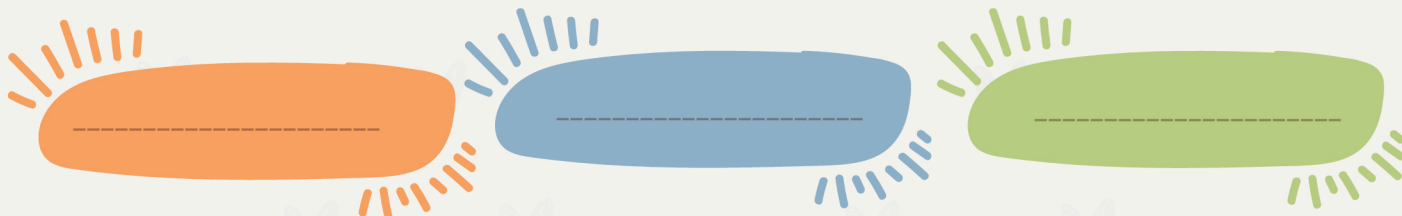
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 20 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 20

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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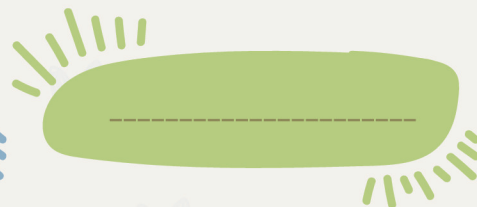
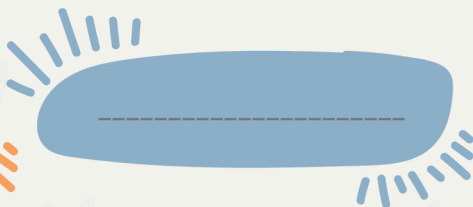
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## Photo of the week



This Week, I'm Grateful For...





# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 21: FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 21

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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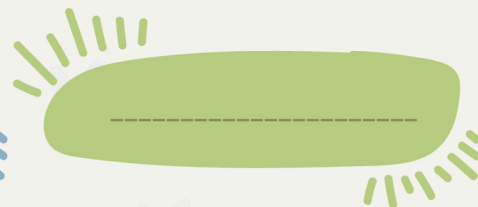
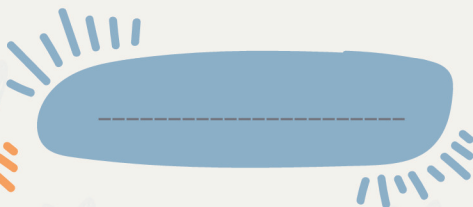
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME





WEEK 22 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood



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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 22

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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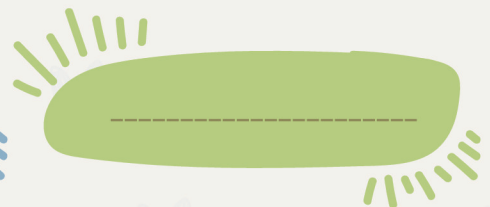
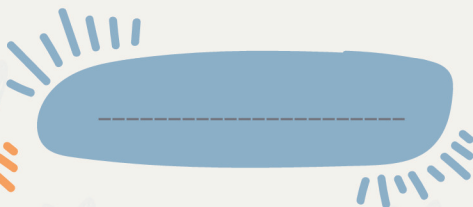
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 23 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 23

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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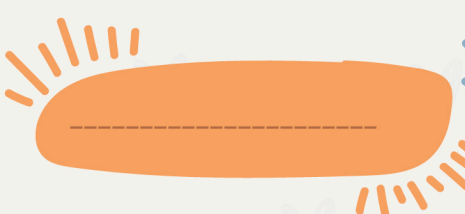
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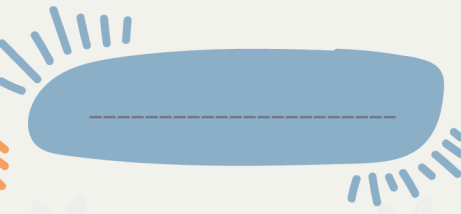
## Photo of the week



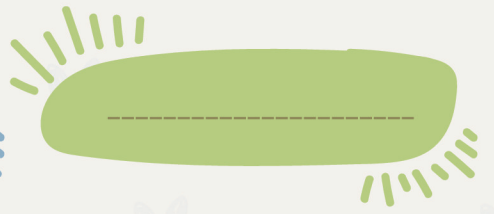
## This Week, I'm Grateful For...



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# JUST FOR ME





WEEK 24 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood



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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 24

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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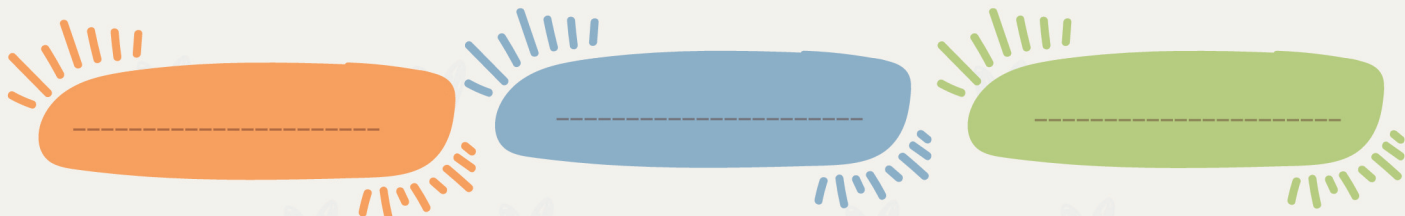
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## Photo of the week



## This Week, I'm Grateful For...



# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 25 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 25

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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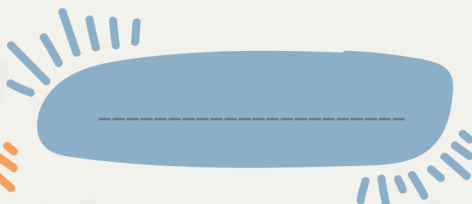
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## Photo of the week



This Week, I'm Grateful For...





# JUST FOR ME



WEEK 26 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 26

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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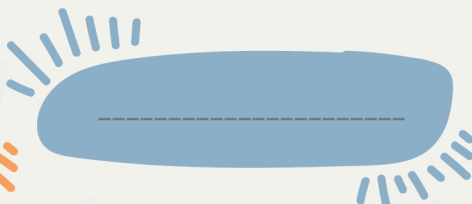
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



# Third Trimester (Weeks 27-40)



Welcome to your final Trimester



This is the final stretch of your beautiful journey. Your baby is now growing from the size of a cozy eggplant to a sweet little watermelon, preparing to meet you soon. You might feel heavier and more tired, but every kick, hiccup, and movement is a reminder of the precious life you're about to hold. Take time to rest, breathe deeply, and trust your body — you are so close to meeting your little miracle.



## MY GOALS FOR THIS TRIMESTER

☐

I nourish my body with healthy foods and hydration.

☐

I practice relaxation and deep breathing.

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# Important Dates This Second Trimester (Weeks 27–40)

*date*

*Appointment/Notes*

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WEEK 27 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 27

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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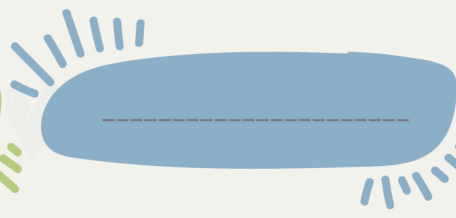
## Photo of the week



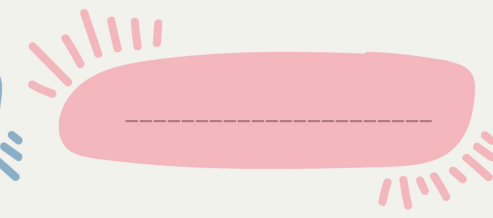
## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 28 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 28

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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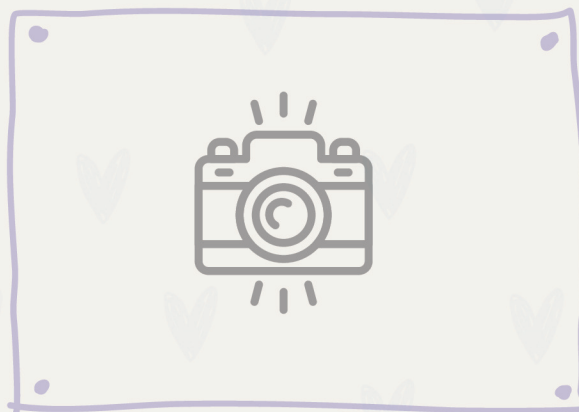
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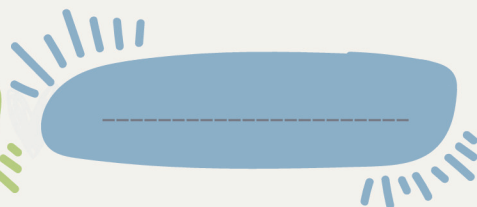
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 29 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 29

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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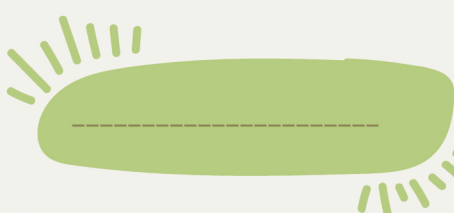
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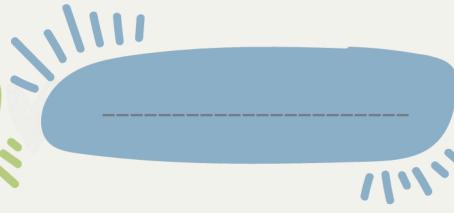
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 30 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 30

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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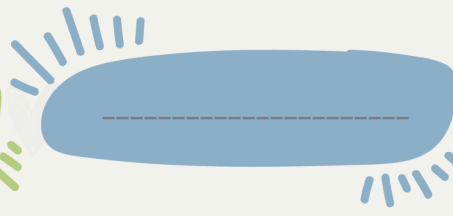
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 31 : FROM  / / TO 

### Goals for This Week

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_


### Symptoms & Mood


						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 31

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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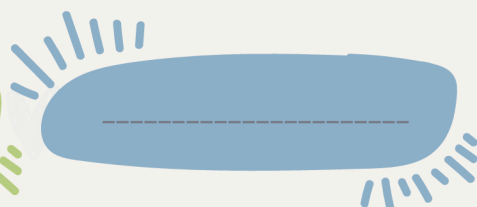
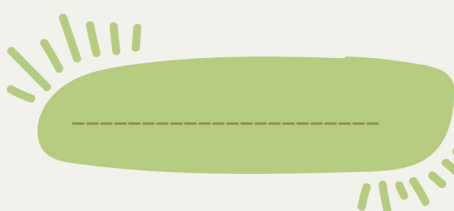
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## Photo of the week



## This Week, I'm Grateful For...



# JUST FOR ME



WEEK 32 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 32

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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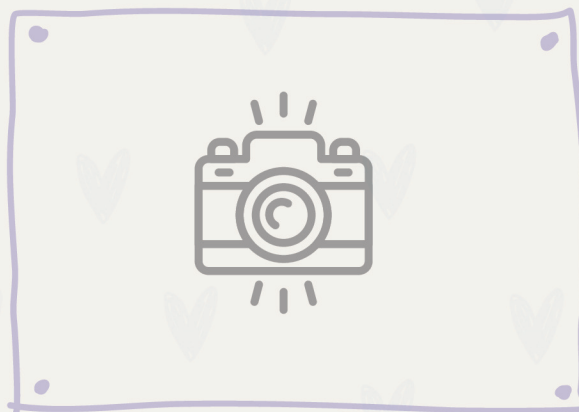
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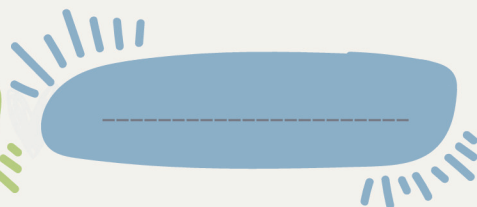
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 33 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 33

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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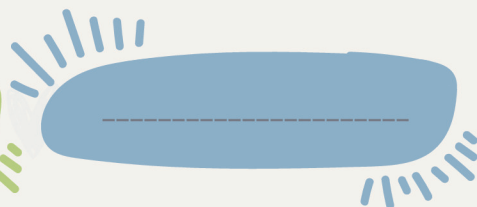
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## Photo of the week



This Week, I'm Grateful For...





# JUST FOR ME



WEEK 34 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 34

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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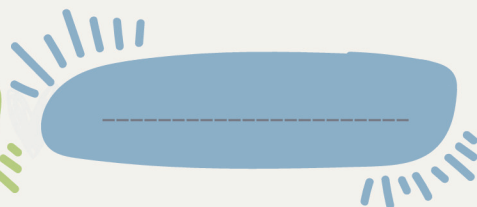
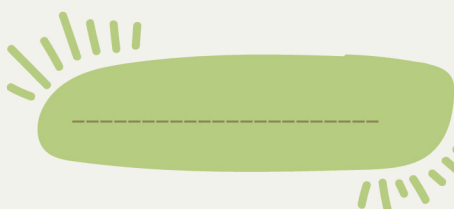
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 35 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 35

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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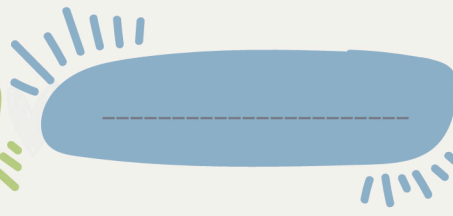
## Photo of the week




## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 36 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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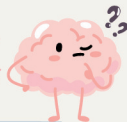
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 36

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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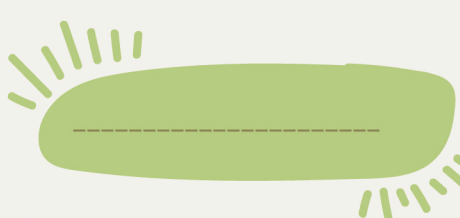
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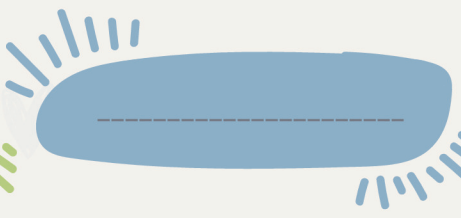
## Photo of the week



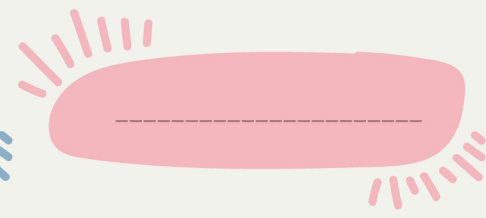
## This Week, I'm Grateful For...



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# JUST FOR ME



WEEK 37 : FROM  / / TO  / /

### Goals for This Week

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_


### Symptoms & Mood


						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 37

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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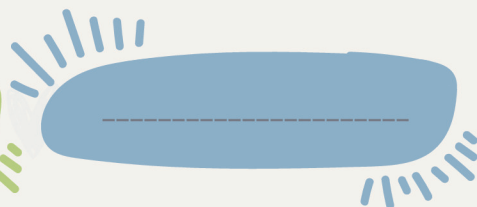
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## Photo of the week



This Week, I'm Grateful For...





# JUST FOR ME



WEEK 38 : FROM  // // TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 38

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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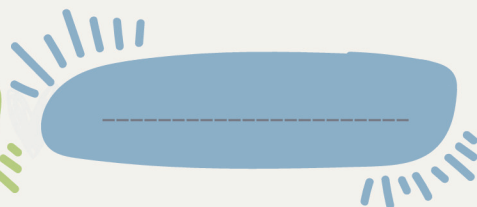
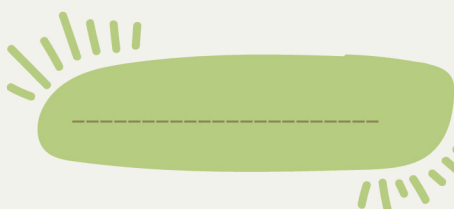
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



# MY MONTHLY MEMORIES

## *Most Memorable Moments*



## *Photo of the Month*



*One thing I'm grateful for this month*

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WEEK 39 : FROM  / / TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg



# WEEK 39

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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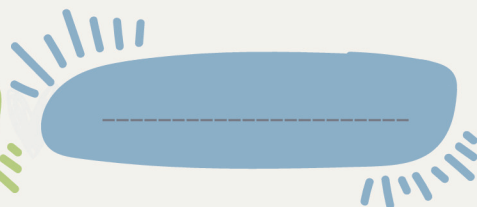
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## Photo of the week



This Week, I'm Grateful For...



# JUST FOR ME



WEEK 40 : FROM  TO 

### Goals for This Week

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Doctor's Appointment

Date : \_\_\_\_\_

Notes : \_\_\_\_\_

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### Symptoms & Mood


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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Questions for My Doctor



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Physical Tracking



Current Weight : \_\_\_\_\_ kg



Belly Size : \_\_\_\_\_ cm



Blood Pressure : \_\_\_\_\_ mmHg

# WEEK 40

## Emotions & Memories

*This week I felt:*

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*A moment I want to remember :*

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## Note to my baby

Dear Baby

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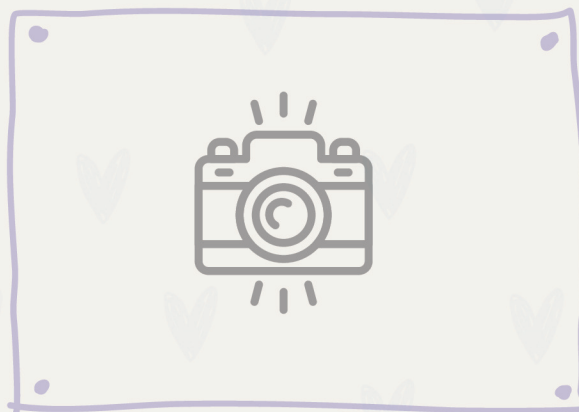
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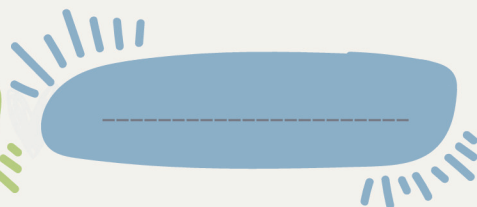
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## Photo of the week



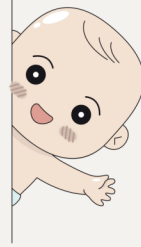
This Week, I'm Grateful For...



# JUST FOR ME



# A New Beginning



*You did it, Mama! A new chapter begins now.*



My Last Words to You, Baby

A large rectangular area with a rounded bottom, containing 20 horizontal dashed lines for writing.

The journey of motherhood is just beginning.

# Our Baby's Name

**Mom**



If it's a Boy



If it's a Girl



**Dad**



If it's a Boy



If it's a Girl



## Our Baby's Name is

If it's a Boy



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If it's a girl



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# Our Baby's Gender

Guessing Together

My Guess

Why I Feel This Way

**Mom**

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**Dad**

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**it's a**

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# Our Gender Reveal Memory



How we found out

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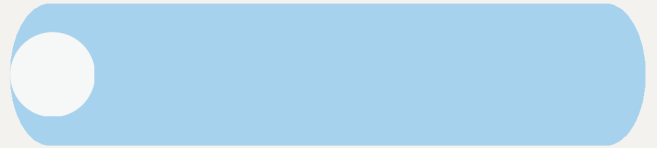
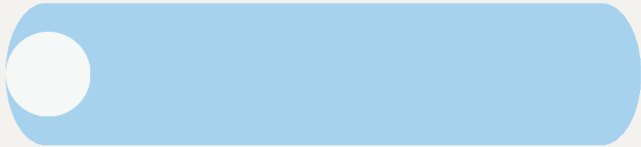
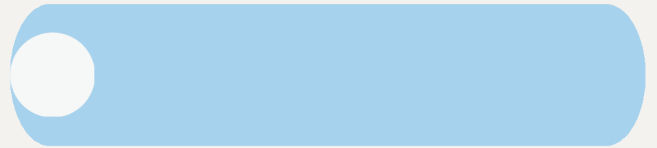


# BABY ESSENTIALS





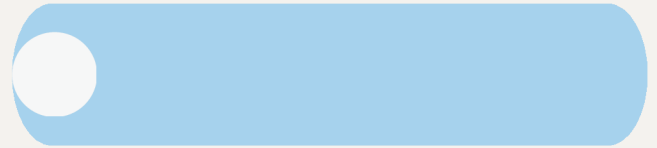
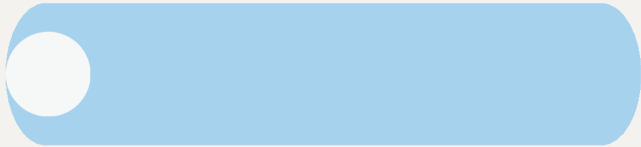
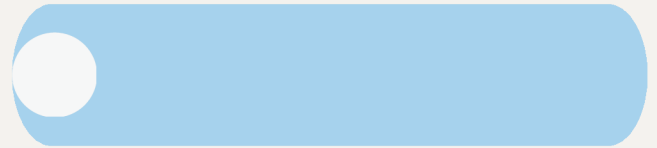
# BABY ESSENTIALS



# BABY ESSENTIALS



# BABY ESSENTIALS



# HOSPITAL BAG

[illegible]

# HOSPITAL BAG

[illegible]

# HOSPITAL BAG

[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners and a decorative border at the top consisting of a series of small, stylized leaf or petal shapes. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a standard notebook or worksheet template.

# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a standard notebook or worksheet template.

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a standard notebook page or a template for writing.

# MEDICAL APPOINTMENTS TRACKER

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[illegible]



# MEDICAL APPOINTMENTS TRACKER

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[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

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# MEDICAL APPOINTMENTS TRACKER

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[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a template for writing or drawing.

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a standard notebook or worksheet template.

# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be a template for writing or drawing.

# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]



# MEDICAL APPOINTMENTS TRACKER

— / —

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the very top, there is a decorative border featuring a repeating pattern of small, stylized flowers or leaves. The paper appears to be part of a notebook or a set of stationery.

# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]

# MEDICAL APPOINTMENTS TRACKER

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[illegible]

# MEDICAL APPOINTMENTS TRACKER

— / —

[illegible]

# MEDICAL APPOINTMENTS TRACKER

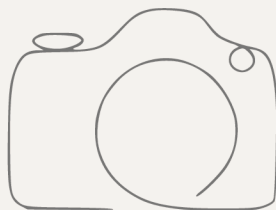
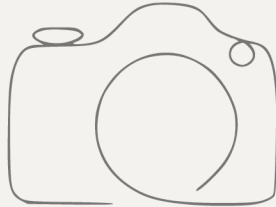
— / —

[illegible]

stickers

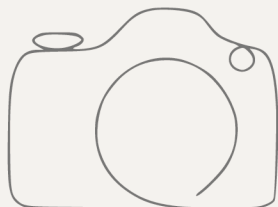


# Photo Gallery

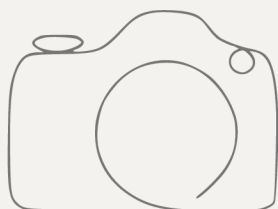
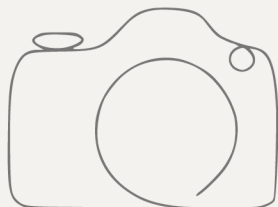




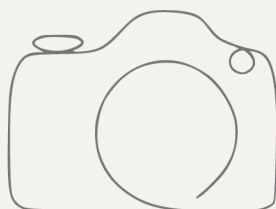
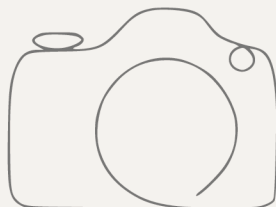
# Photo Gallery



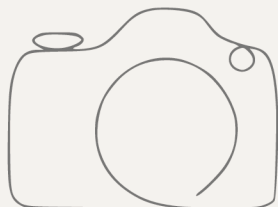
# Photo Gallery



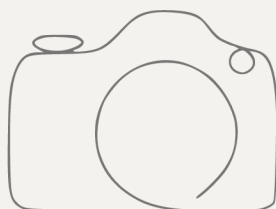
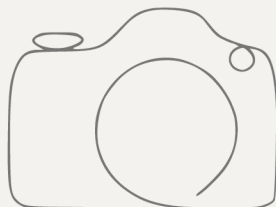
# Photo Gallery



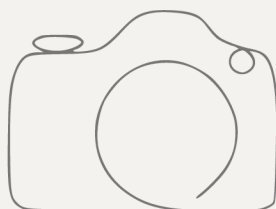
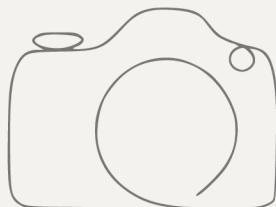
# Photo Gallery



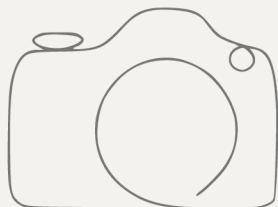
# Photo Gallery



# Photo Gallery

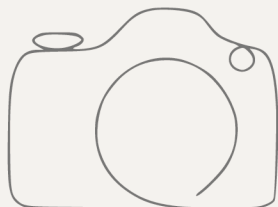


# Photo Gallery

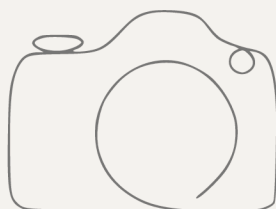
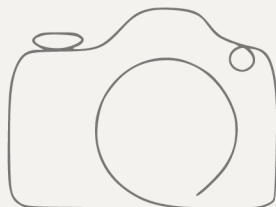




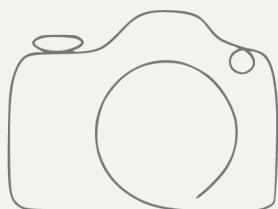
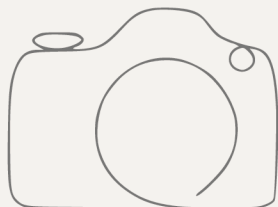
# Photo Gallery



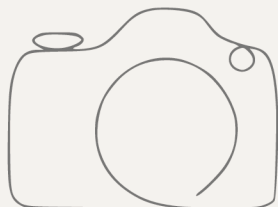
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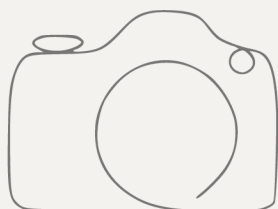
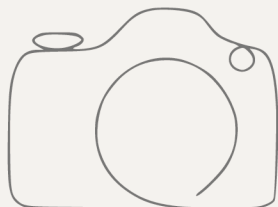
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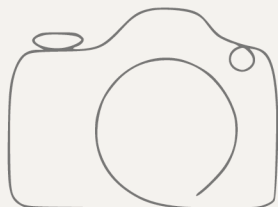
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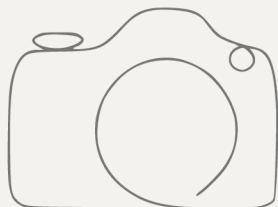
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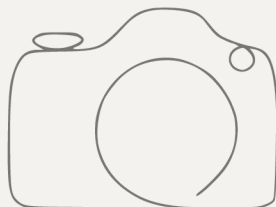
# Photo Gallery



# Photo Gallery

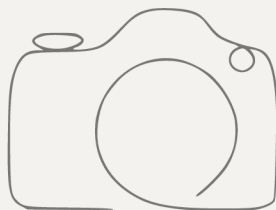
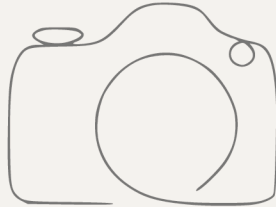


# Photo Gallery

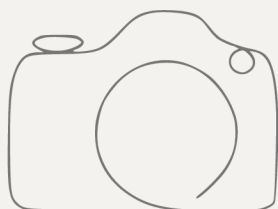
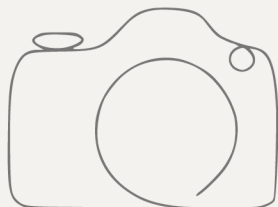




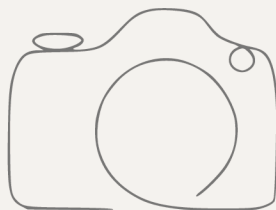
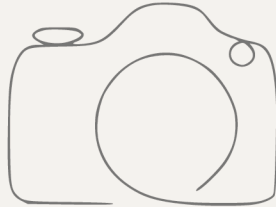
# Photo Gallery



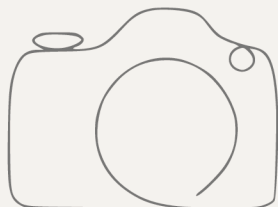
# Photo Gallery



# Photo Gallery



# Photo Gallery



# Closing Page

## *The Beginning of a New Chapter*

Dear Mama, this journal is more than just pages filled with words , it's a reflection of your strength, love, and journey. Every note you wrote, every memory you captured, will one day remind you of how powerful and amazing you truly are. Be proud of yourself , you carried life, and that is nothing short of a miracle.



♡ *mama* ♡