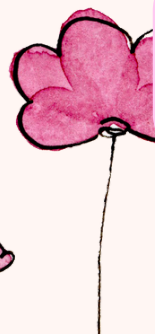
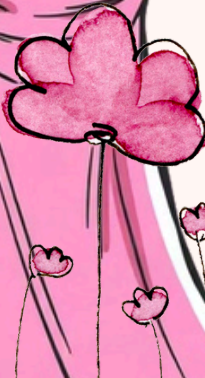
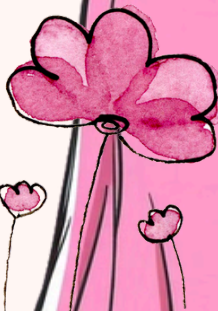
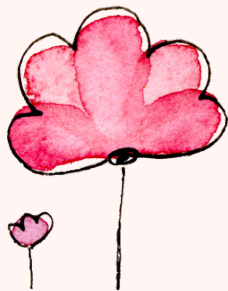
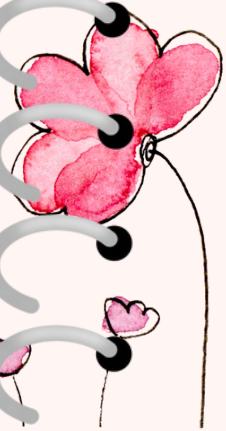
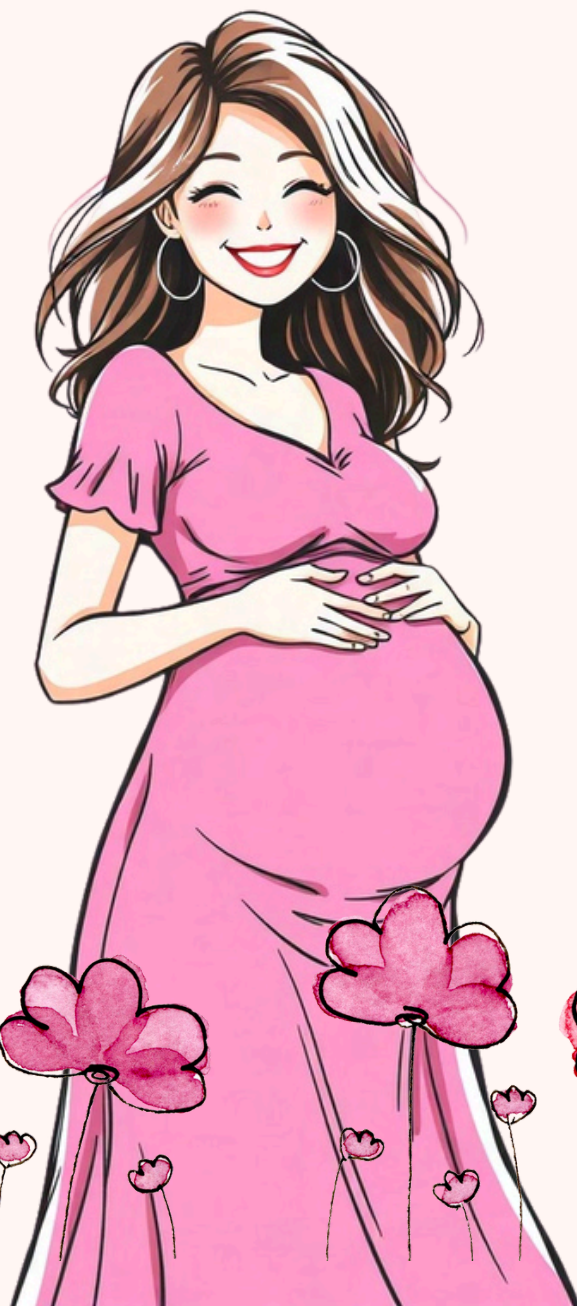


my pregnancy planner



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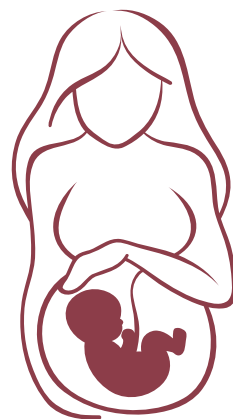
WEEK BY
WEEK

BIRTH
PLAN

BIRTH
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BABY
MILESONES

I'm Pregnant



Date I Found Out _____

My Reaction

How I Revealed To My Spouse

Immediate Family Reaction

How Did We Tell Our Loved Ones

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WEEK

BIRTH PLAN

BIRTH STORY

BABY MILESTONE

A stylized illustration in a dark red color. It depicts a woman's profile on the left, looking towards the right. She is holding a baby who is lying down, facing away from the viewer. The baby has its eyes closed and a small tuft of hair on its head. The entire illustration is composed of thick, rounded lines.

Mommy

2-Week Checklist



PLANNING AND ORGANIZATION

- 1.SET A DATE AND TIME
- 2.CHOOSE A VENUE
- 3.CREATE A GUEST LIST
- 4.SEND INVITATIONS
 - PHYSICAL INVITATIONS
 - DIGITAL INVITATIONS (EMAIL SOCIAL MEDIA)
- 5.DECIDE ON A THEME
- 6.PLAN THE MENU
 - SNACKS AND APPETIZERS
 - MAIN DISHES
 - DESSERTS (CAKE, CUPCAKES, ETC.)
 - DRINKS (ALCOHOLIC AND NON-ALCOHOLIC)

[illegible]

BABY SHOWER Checklist



DECORATIONS

- Banners and Signage
- Table Centerpieces
- Balloons (themed colors)
- Tablecloths and Napkins
- Plates, Cups, and Utensils

BABY GAMES

- Photo Booth Props (if applicable)
- Activities and Games
- Game Supplies (pens, papers, etc.)
- Baby bingo
- Guess the baby food
- Diaper raffle
- Prizes for Games
- Gift Opening Area

GIFTS

- Gift Registry Information
- Thank You Cards for Guests
- Gift Wrap Supplies
- Wrapping paper
- Gift bags
- Ribbon and tape

FOOD AND DRINKS

- Cooking/Baking Supplies
- Utensils and Serving Dishes
- Coolers or Ice for Drinks
- Coffee/Tea Station Supplies

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BABY SHOWER



Checklist

MISCELLENEOUS

- Camera or Smartphone for Photos
- Seating Arrangements
- Guest Book for Well Wishes
- Diaper Cake (optional)

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FINAL TOUCHES

- Confirm RSVP List
- Set Up Day Before or Day Of
- Plan Arrival Time for Guests
- Prepare for Cleanup After the Event
- Feel free to adapt this checklist according to your specific needs and preferences for the baby shower!

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Hospital BAG

Checklist



For Baby:

Clothing:

Onesies or outfits (newborn and 0-3 months)

Blanket or swaddle

Hat and socks

Going-home outfit

Toiletries:

Diapers (if hospital doesn't provide)

Baby wipes

Baby lotion (if desired)

Other:

Car seat (ensure it's properly installed)

Pacifiers (if you plan to use them)

Baby blanket or comfort item

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Hospital BAG Checklist



For Mommy:

Clothing:

Comfortable pajamas or nightgown

Robe and slippers

Nursing bras and breast pads

Non-slip socks

Outfit to wear home

Toiletries:

Toothbrush and toothpaste

Hairbrush and hair ties

Shampoo and conditioner

Body wash and face wash

Skincare products

Deodorant

Lip balm

Makeup (if desired)

Comfort Items:

Pillow (with a non-white case)

Blanket or shawl

Snacks and drinks

Phone charger

Documents:

ID and insurance card

Birth plan (if applicable)

Hospital registration paperwork

Other:

Maternity underwear

Pads for postpartum recovery

Any medications or supplements



Hospital BAG

Checklist



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For Daddy:

Clothing:

Comfortable clothes (for the hospital stay)

Pajamas and socks

Outfit to wear home

Toiletries:

Toothbrush and toothpaste

Deodorant

Any personal grooming items

Comfort Items:

Snacks and drinks

Phone charger

Books or anything to pass the time

Documents:

ID and insurance information

Other:

Camera or video camera (if you want to capture the moment)

Notebook and pen (for jotting down notes or important information)

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Nursery Checklist

Bottles and Nipples

Bottle Brush

Formula (if using formula)

Breast Pump (if applicable)

Breastfeeding Supplies (pads)

Baby Bathtub

Towels (soft and hooded)

Baby Wash and Shampoo

Washcloths

Bath Toys (optional)

Baby Thermometer

Nail Clippers or Scissors

First Aid Kit

Baby Oil and Johnson's Baby Powder
(if desired)

Diaper Bag

Car Seat

Stroller

Portable Crib or Play Yard

Coat Rack or Hooks for Baby Gear

Blackout Curtains for Sleep

Air Purifier (if desired)

[illegible]



Nursery Checklist

Bedding

- Crib Sheets (2-3)
- Bassinet Sheets (if applicable)
- Sleep Sacks or Swaddles
- Blankets (lightweight)
- Bed Bumper (optional, take caution with safety)

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Nursery Essentials

- Diapers (newborn and size 1)
- Wipes
- Diaper Cream
- Baby Lotion or Moisturizer
- Burp Cloths
- Receiving Blankets
- Nursing Pillow
- Accessories
- Baby Monitor
- Nightlight
- Humidity Monitor (if needed)
- Mobile or Soothing Device
- Decorative Items (art, photos, etc.)
- Storage Bins for Toys/Clothes

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Clothing

- Onesies (various sizes)
- Sleepers or Outfits
- Socks and Booties
- Hats (for warmth, if needed)
- Swim Diapers (if applicable)

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my pregnancy

medical appointments



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GENDER ULTRASOUND



Baby Girl or Baby BOY?



FIRST TRIMESTER ULTRASOUND

FIRST HEARTBEAT

Date:

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Date _____

Doctor's Name _____

Weight _____

Blood Pressure _____

To Do

Not To Do

Important Notes

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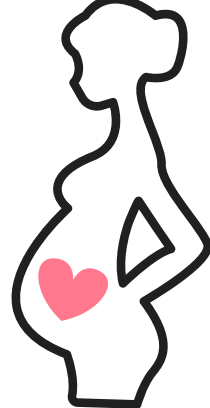
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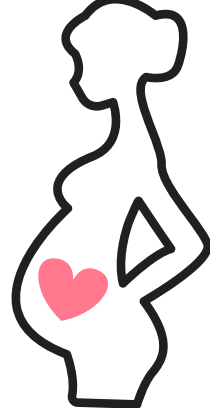
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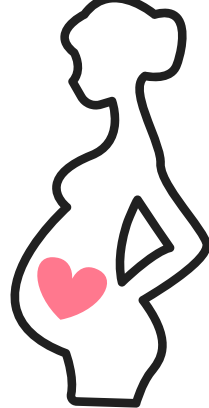
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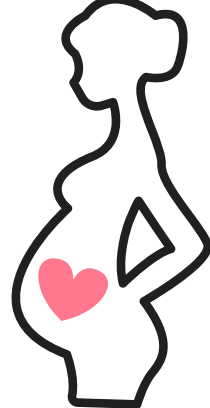
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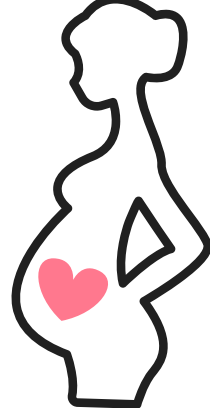
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my pregnancy week by week



Week 1



Your bump photo here

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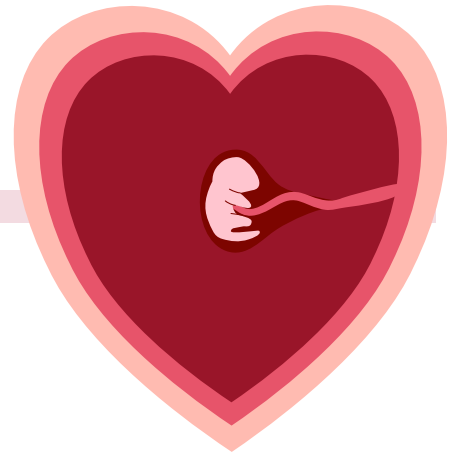
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THINGS TO DO

MOTIVATION

Week 2



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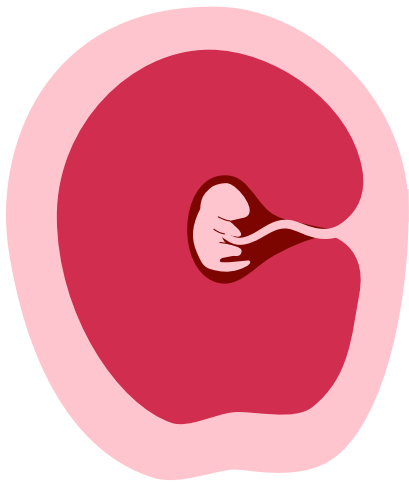
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Week 3

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HOW I'M FEELING

BABY MOVEMENTS

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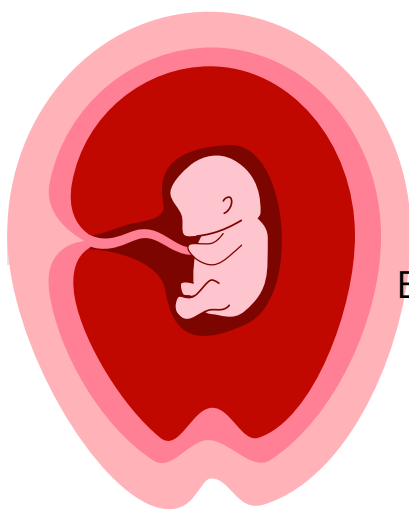
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TRACKER	M	T	W	TH	F	S	S

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Week 4

Baby is the size of a poppy seed



Your bump photo here

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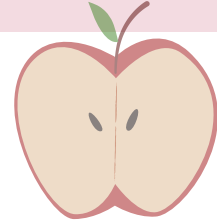
THINGS TO DO

MOTIVATION



Week 5

Baby is the size of an apple seed



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

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MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

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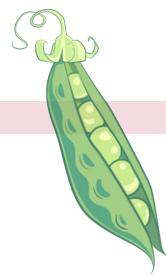
THINGS TO DO	

MOTIVATION	
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Week 6

Baby is the size of a sweet pea



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

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MON	TUES	WED	THURS	FRI	SAT	SUN

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Week 7



Baby is the size of a bluberry

Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

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Week 8

Baby is the size of a raspberry



Your bump photo here

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Week 9



Baby is the size of a green olive

Your bump photo here

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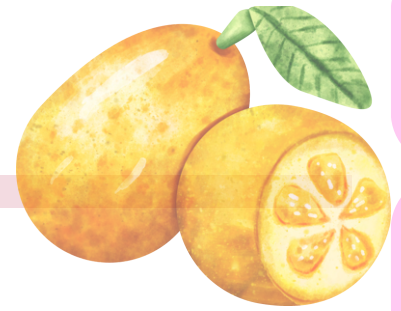
THINGS TO DO	

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Week 10

Baby is the size of a kumquat



Your bump photo here

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Week 11

Baby is the size of a lime



Your bump photo here

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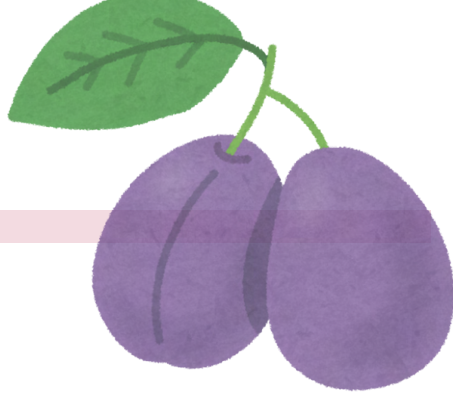
THINGS TO DO	

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Week 12

Baby is the size of a plum



Your bump photo here

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Week 13

Baby is the size of a lemon



Your bump photo here

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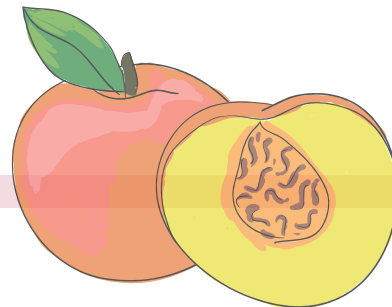
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Week 14

Baby is the size of a nectarine



Your bump photo here

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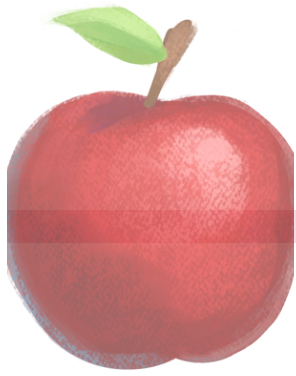
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Week 15

Baby is the size of an apple



Your bump photo here

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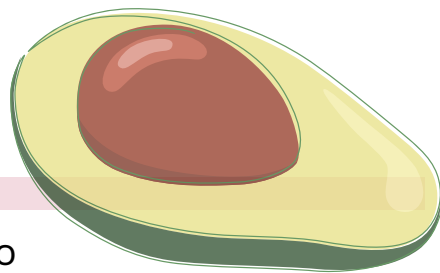
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Week 16

Baby is the size of an avocado



Your bump photo here

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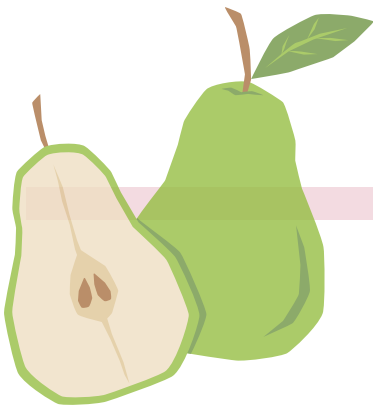
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Week 17

Baby is the size of a pear



Your bump photo here

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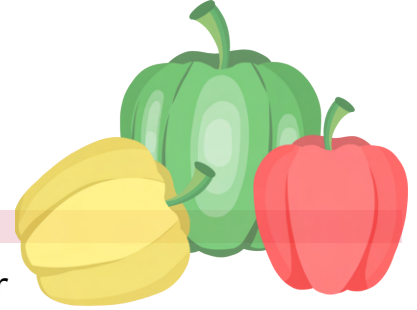
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Week 18

Baby is the size of a bell pepper



Your bump photo here

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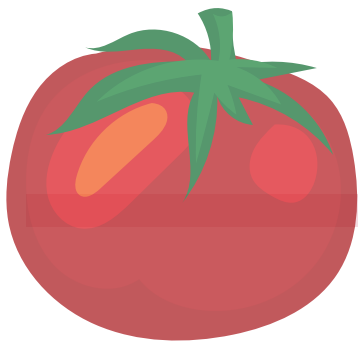
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Week 19

Baby is the size of a mig tomato



Your bump photo here

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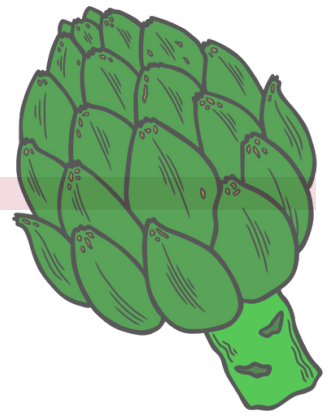
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Week 20

Baby is the size of an artichoke



Your bump photo here

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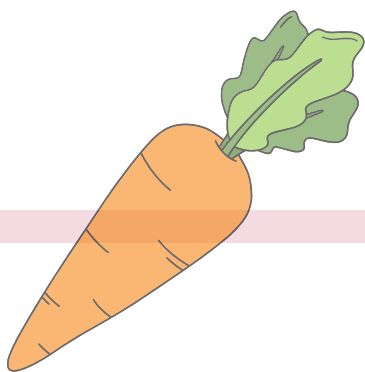
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Week 21

Baby is the size of a carrot



Your bump photo here

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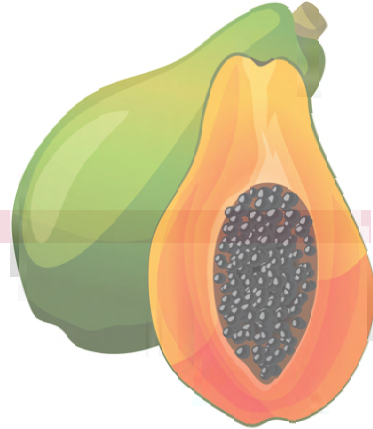
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Week 22

Baby is the size of a papaya



Your bump photo here

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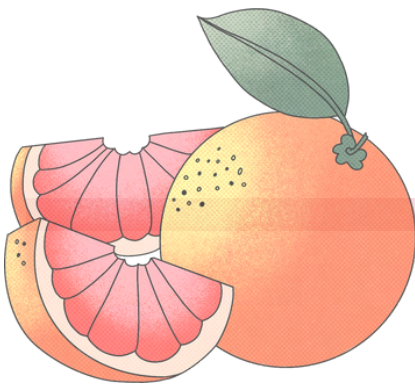
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Week 23

Baby is the size of a grapefruit



Your bump photo here

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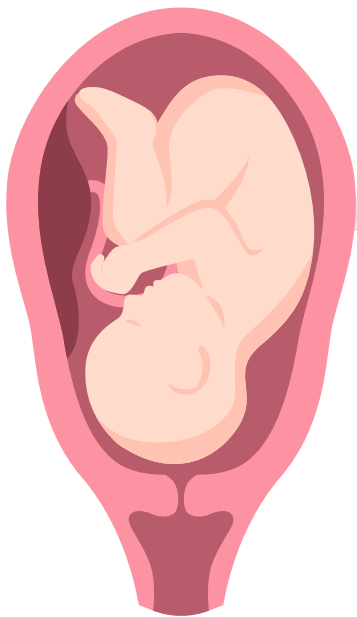
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Week 24

Baby is the size of a corn



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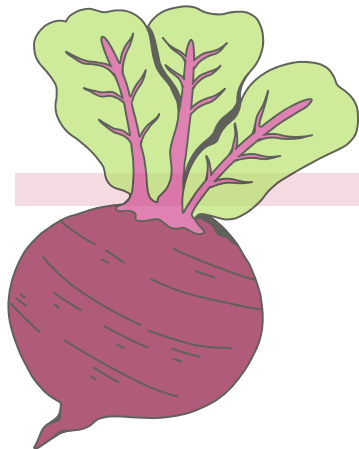
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Week 25

Baby is the size of a beetroot



Your bump photo here

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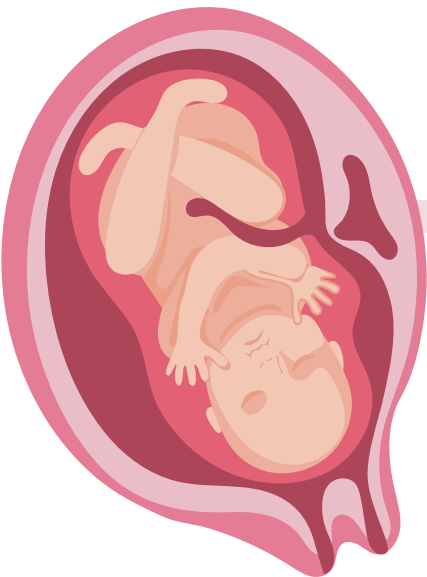
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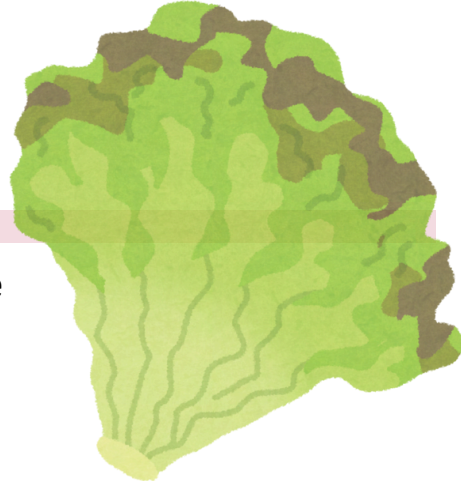
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Week 26

Baby is the size of a lettuce



Your bump photo here

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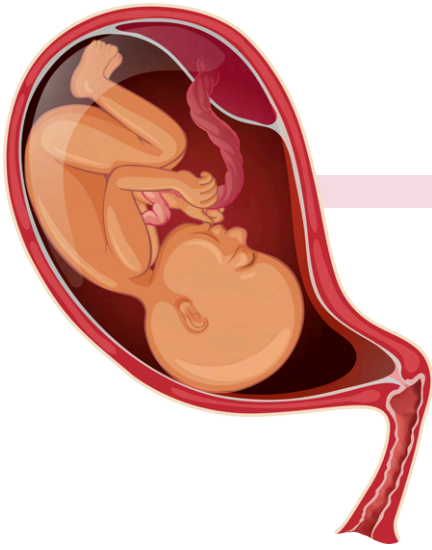
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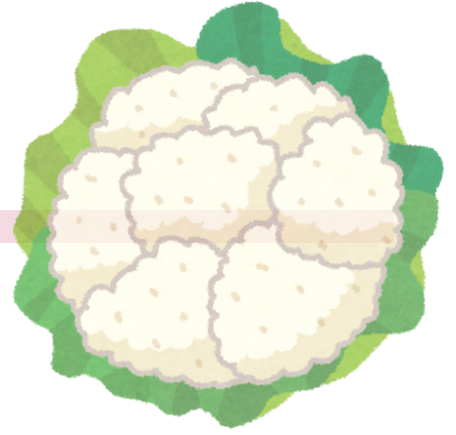
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Week 27

Baby is the size of a couliflower



Your bump photo here

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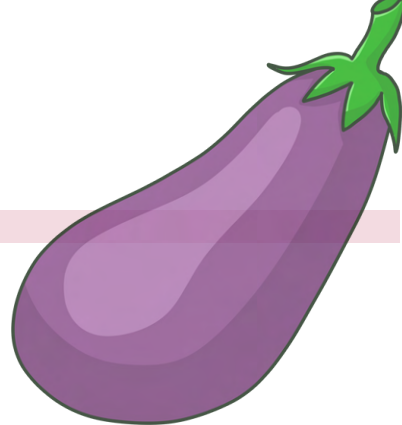
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Week 28

Baby is the size of an eggplant



Your bump photo here

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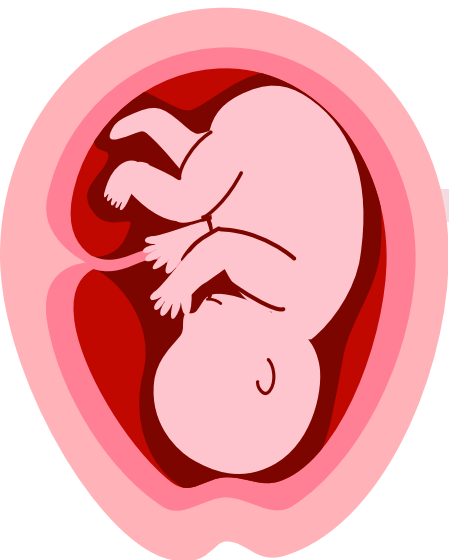
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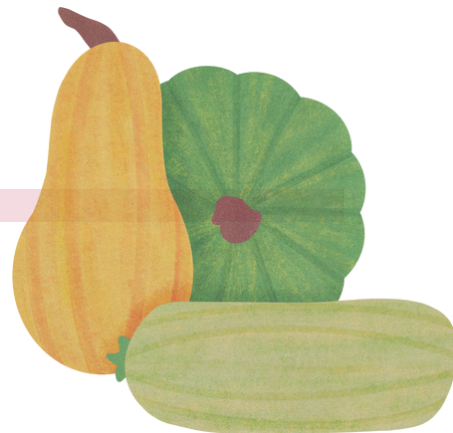
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Week 29

Baby is the size of an acorn squash



Your bump photo here

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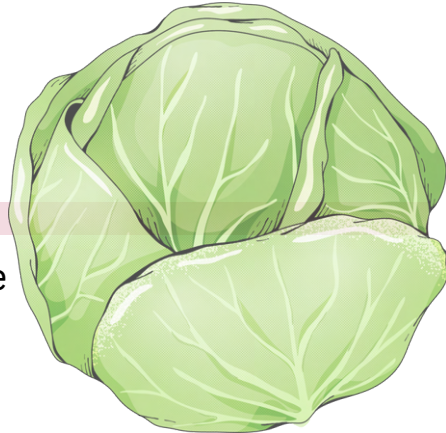
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Week 30

Baby is the size of a cabbage



Your bump photo here

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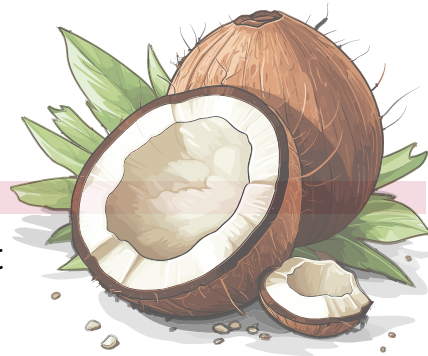
THINGS TO DO

MOTIVATION



Week 31

Baby is the size of a coconut



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS



Weekly Checklist

Month / Week

Habits	S	M	T	W	TH	F	S

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- BABY SHOWER
- HOSPITAL BAG
- NURSERY CHECKLIST
- MEDICAL
- WEEK BY WEEK
- BIRTH PLAN
- BIRTH STORY
- BABY MILESTONES

WEEKLY PLANNER

MONTH	
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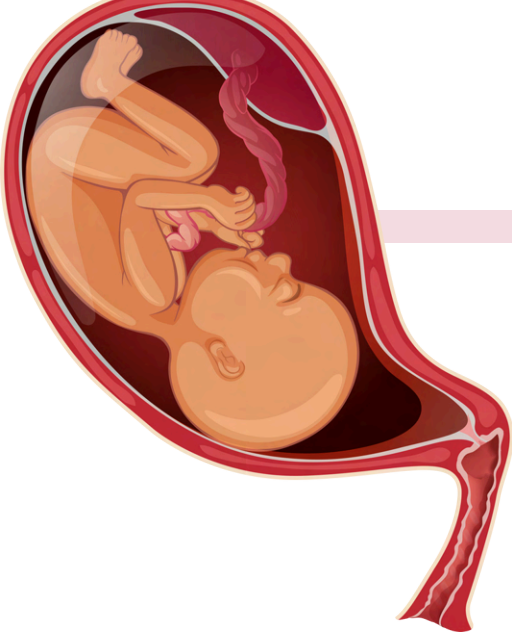
MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

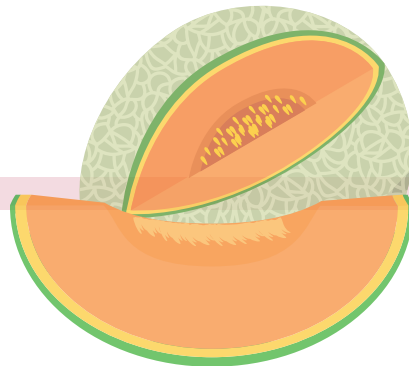
THINGS TO DO	

MOTIVATION	
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Week 32

Baby is the size of a melon



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS

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BIRTH
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BABY
MILESTONES

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Habits	S	M	T	W	TH	F	S

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MON

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TRACKER

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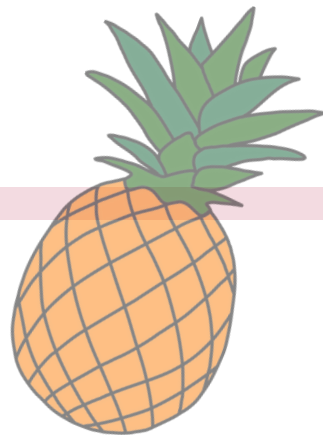
THINGS TO DO

MOTIVATION



Week 33

Baby is the size of a pineapple



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS



Weekly Checklist

Month / Week

Habits	S	M	T	W	TH	F	S

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- BIRTH STORY
- BABY MILESTONES

WEEKLY PLANNER

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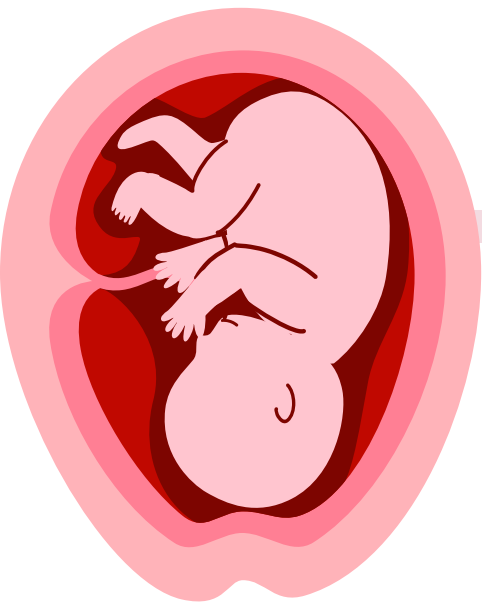
MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

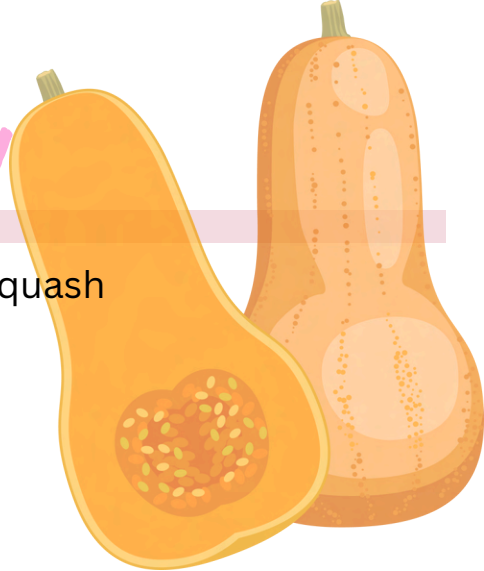
THINGS TO DO	

MOTIVATION	
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Week 34

Baby is the size of a butternut squash



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS

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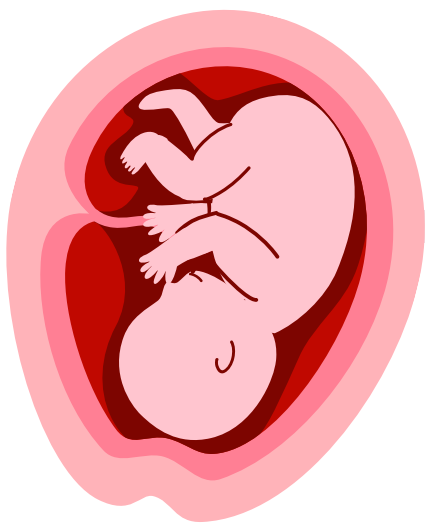
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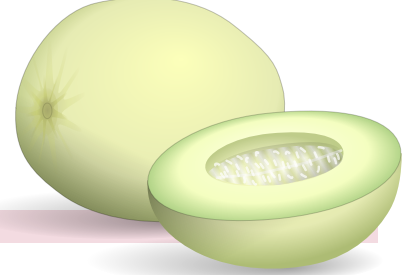
NOTES

THINGS TO DO

MOTIVATION



Week 35



Baby is the size of a honeydew

Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS



Weekly Checklist

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MONTH	
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MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

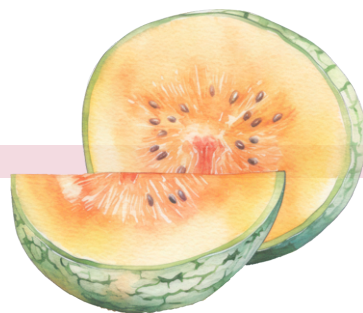
THINGS TO DO	

MOTIVATION	
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Week 36

Baby is the size of a sweet melon



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS

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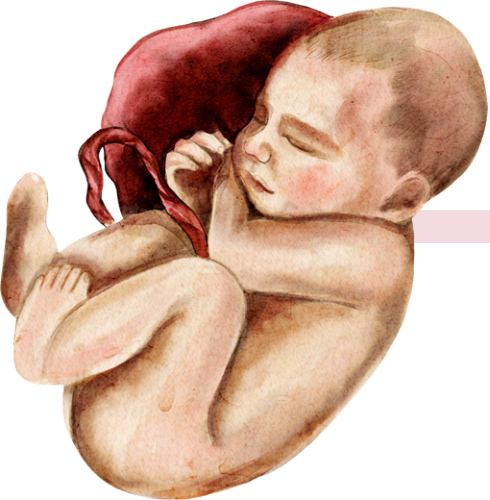
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NOTES

THINGS TO DO

MOTIVATION



Week 37

Baby is the size of a white pumpkin



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS



Weekly Checklist

Month / Week

Habits	S	M	T	W	TH	F	S

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- BIRTH STORY
- BABY MILESTONES

WEEKLY PLANNER

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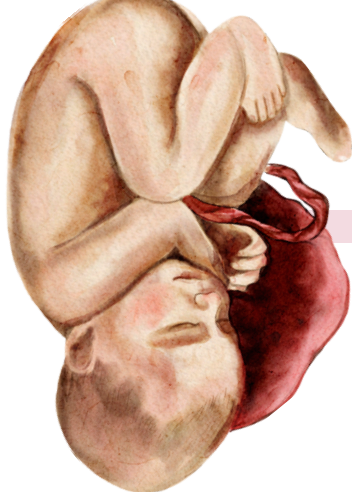
MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

THINGS TO DO	

MOTIVATION	
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Week 38

Baby is the size of a durian



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS

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MOTIVATION



Week 39



Baby is the size of a pumpkin

Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS



Weekly Checklist

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- BIRTH PLAN
- BIRTH STORY
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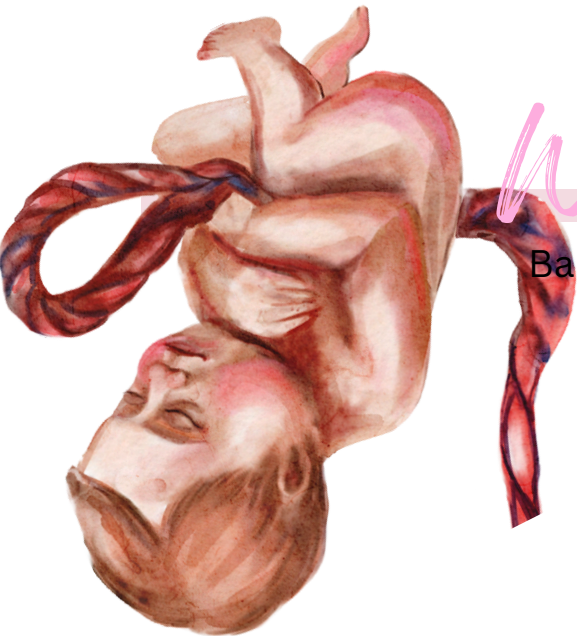
MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

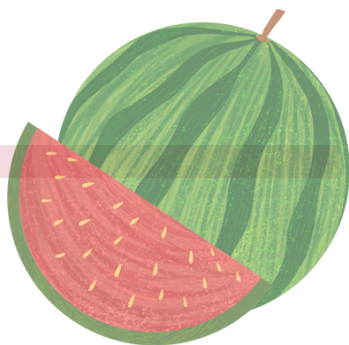
THINGS TO DO	

MOTIVATION	
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Week 40-42

Baby is the size of a watermelon



Your bump photo here

HOW I'M FEELING

BABY MOVEMENTS

SPECIAL MOMENTS

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- BABY MILESTONES
- BABY PHOTOS

MON	TUES	WED	THURS	FRI	SAT	SUN

TRACKER	M	T	W	TH	F	S	S

NOTES

THINGS TO DO	

MOTIVATION	
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BIRTH PLAN

LABOR PREFERENCES

Environment

- ☐ Dim lighting
- ☐ Soft music
- ☐ Limited visitors

Pain Relief

- ☐ Epidural
- ☐ Natural methods (breathing exercises, massage)
- ☐ Other medications

Hydration and Nutrition

- ☐ IV fluids if necessary
- ☐ Snacking as allowed

Monitoring Baby

- ☐ Continuous fetal monitoring
- ☐ Intermittent monitoring

Movement During Labor

- ☐ Freedom to walk
- ☐ Use of birthing ball or chair

Induction if Needed

Yes/No | Preferences of method

DELIVERY PREFERENCES

Rooming-In with Baby

Yes/No

Baby's First Bath

- ☐ In-room
- ☐ Nurse-assisted

Feeding

- ☐ Breastfeeding
- ☐ Bottle feeding
- ☐ Combination

Visitors

Yes/No | Visitors list

EMERGENCY CONTACTS

BIRTH PLAN NOTES

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BIRTH STORY



Where it all started:

When I went into Labor:

What I felt:

Who Was There:

The Best Part:

The Worst Part:



WELCOME TO THE WORLD

Baby week by week



JOURNAL

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BABY
MILESTONE



BABY

Milestone Tracker

NAME

.....





Welcome

BABY METRICS

name

day

time

weight

height

the first time we saw you

JOURNAL

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I AM 1 DAY OLD



A large, empty rectangular box with a thin brown border, intended for tracking the baby's weight.

weight

A large, empty rectangular box with a thin brown border, intended for tracking the baby's height.

height



JOURNAL

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weight

height





Blank box for weight measurement.

weight

Blank box for height measurement.

height



JOURNAL

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MILESTONES



weight

height



5 MONTHS



Blank box for weight measurement.

weight

Blank box for height measurement.

height





weight

height



A large, empty rectangular box for recording the baby's weight.

weight

A large, empty rectangular box for recording the baby's height.

height



JOURNAL

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MILESTONES



weight

height



A large, empty rectangular box with a thin brown border, intended for recording the baby's weight.

weight

A large, empty rectangular box with a thin brown border, intended for recording the baby's height.

height



JOURNAL

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BIRTH
STORY

BABY
MILESTONES

A large, empty rectangular box with a thin black border, intended for recording the baby's weight.

weight

A large, empty rectangular box with a thin black border, intended for recording the baby's height.

height





weight

height





weight

height

the end

“Everything has beauty, but not
everyone sees it.”



“Everything has beauty, but not everyone sees it.”