

Pregnancy Week-by-Week Checklist

A calm, simple guide for every stage of pregnancy

by Nurtured & Loved



How to Use This Checklist

Pregnancy can feel overwhelming. This checklist was created to help you focus only on what truly matters — one step at a time. Use it as a gentle guide, not a to-do list you must complete perfectly.

If you'd like everything organized in one beautiful place — appointments, notes, plans and reminders — you can view the full Pregnancy Planner anytime here:

View the Full Pregnancy Planner [CLICK HERE](#)

First Trimester (Weeks 1–12)

- Book first prenatal appointment
- Start prenatal vitamins
- Track symptoms and emotions
- Write questions for your doctor
- Rest and hydrate

Get the Complete Pregnancy Planner

Second Trimester (Weeks 13–27)

- Schedule anatomy scan
- Start gentle movement
- Plan maternity essentials
- Document baby milestones
- Prepare questions for appointments

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Third Trimester (Weeks 28–40)

- Prepare hospital bag
- Finalize birth preferences
- Wash baby clothes
- Plan postpartum support
- Rest and slow down

Get the Complete Pregnancy Planner



You're Doing Better Than You Think

Pregnancy is not about perfection. It's about care, presence, and support. If you want a complete system to guide you through every stage, the full Pregnancy Planner is here for you.

Access the Full Pregnancy Planner

*You deserve support through every step of
Karolina, Pregnancy Planner Creator*

— Karolina, Pregnancy Planner Creator

From one mama to another

I'm a mom of four, and each pregnancy came with its own mix of joy, fear, questions, and late-night Googling. I created Nurtured & Loved because I wanted something gentle, practical, and grounding—something I wished I had during my own pregnancies. This free checklist is my gift to you. It's designed to help you feel supported week by week, without overwhelm or pressure. If you'd love deeper guidance, reflections, planning pages, and emotional support throughout your entire pregnancy journey, you can explore:

- The full digital planner (instant access)
- A beautiful printed copy shipped to your home in 7-10 days

You are doing an incredible job already. You're not behind. You're not alone. You are nurtured and loved.

See the full planner

Buy the digital planner

Order the printed planner