

YOUR PERSONAL PREGNANCY CHART



YOUR FIRST TRIMESTER: WEEKS 1 TO 13

- Start a healthy eating plan
- Stop smoking or drinking alcohol
- You may experience nausea, breast tenderness, or tiredness
- Attend your first prenatal doctor visit
- Talk to your doctor about pregnancy-safe activities like walking, swimming, or yoga



YOUR SECOND TRIMESTER: WEEKS 14 TO 27

- Your doctor may check for genetic disorders
- You may start to look visibly pregnant
- You could find out your baby's sex via an ultrasound
- Consider starting some birthing classes
- You may experience urinating more often, heartburn, or leg cramps
- Your doctor may want to test for a number of factors such as gestational diabetes
- Start thinking about where you might want to give birth
- You might want to take some photos to remember this time



YOUR THIRD TRIMESTER: WEEKS 28 TO 40

- You're in the home stretch!
- You're probably feeling baby move a lot now
- You might be visiting your doctor more frequently and getting tests such as a swab test for group B streptococcus
- You may start to experience constipation or hemorrhoids
- Hormones are causing your joints to loosen, which means your feet could get a little bigger
- You may experience Braxton-Hicks (false) contractions
- Tell your doctor about any extreme swelling in your hands, feet, or ankles
- Develop a birth plan with your doctor

Trimester By Trimester Your Healthy Pregnancy Guide

Mayo Clinic

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

Trimester By Trimester Your Healthy Pregnancy Guide:

Your Healthy Pregnancy with Thyroid Disease Dana Trentini, Mary Shomon, 2016-06-28 Experts address the myriad concerns for women with thyroid disease who are trying to or have conceived **The Ultimate Pregnancy Guide for Expectant Mothers** Benito Villanueva, Elizabeth Lluch, Alex A. Lluch, 2009-02 Written in a clear easy to read manner this book helps readers understand exactly what to expect every day of the pregnancy In depth information lets couples prepare for every step involved when expecting a baby from conception to delivery to bringing the baby home **The Everything Guide to Pregnancy Nutrition & Health** Britt Brandon, 2013-04-18 Your all in one guide for a fit pregnancy As a mom to be you want the best for your baby and yourself You need sensible up to date advice on maintaining a healthy diet and a robust fitness level The Everything Guide to Pregnancy Health and Nutrition is your ultimate mother s helper for diet exercise nutrition and more at every stage Inside you ll find information on Determining your caloric needs When and when not to exercise The best and worst foods for pregnancy Exercises for all your major muscle groups Vegetarian or vegan pregnancies Getting back into exercise after your baby is born With extra information on pre and post pregnancy health this guide is the perfect handbook for mamas to be looking to stay healthy **Mayo Clinic Guide to a Healthy Pregnancy** Mayo Clinic, 2009-03-17 Book description to come **Dr. Spock's Pregnancy Guide** Marjorie Greenfield, 2007-11-01 The second book in the Dr Spock Take Charge Parenting Guides crafted by the Dr Spock Co Take Charge of Your Pregnancy contains all the essential information on pregnancy and fetal development in one clear concise volume Pregnant Congratulations Now let an expert guide you through this exciting time Pregnancy is a time of powerful emotions dramatic changes and plenty of questions Noted obstetrician Marjorie Greenfield MD one of the new team of medical experts at The Dr Spock Company has written this authoritative book to answer all your questions and help ensure a happy healthy pregnancy Dr Spock s Pregnancy Guide will take you month by month through the thrilling journey to parenthood with special focus on how to Follow the development of your growing baby Find the right obstetrician or midwife Deal with common symptoms and problems Plan the kind of childbirth experience you want Get good care every step of the way and more For more than 50 years Dr Benjamin Spock was the world s best known pediatrician Drawing upon his trusted philosophy of baby and child care a new generation of experts at The Dr Spock Company brings today s moms and dads the latest in parenting child health and pregnancy information Be sure to pick up Dr Spock s Baby Basics the first book in the Take Charge Parenting Guides series **What to Eat When You're Pregnant** Nicole M. Avena, PhD, 2015-06-09 An approachable guide to what to eat as opposed to what to avoid while pregnant and nursing to support the mother s health and the baby s development during each stage of pregnancy with 50 recipes New research suggests that the foods you eat during pregnancy can have lasting effects on your baby s brain development and behavior as well as your waistline Drawing from the fields of medicine nutrition and psychology this easy to follow guide which also includes 50 recipes gives you a

clear understanding of what your body really needs and how certain foods contribute to the development of a healthy and happy baby **Fit & Healthy Pregnancy** Kristina Pinto, Rachel Kramer, 2025-11-04 Exercise during pregnancy isn't just safe it's healthy for you and your baby Fit Healthy Pregnancy will help new mothers experience an easier healthier pregnancy and a faster return to fitness after delivery Fit Healthy Pregnancy dispels generations of old wives tales about exercise and pregnancy so active women can stay strong and in shape This book from running coach Dr Kristina Pinto and triathlete Rachel Kramer MD goes beyond labor and delivery through the fourth trimester helping new mothers return to fitness after they've had their babies Fit Healthy Pregnancy reviews up to date research to show that exercise during pregnancy isn't just safe it's ideal for health and wellness Pinto and Kramer guide moms to be through each trimester showing how their bodies nutrition needs and workouts will change The authors cover the months following delivery when women adapt to a new lifestyle that balances family fitness self and perhaps a return to work They offer smart guidance and tips on breastfeeding sleep training nutrition and hydration weight loss and how to transition back into workouts and training Fit Healthy Pregnancy includes Trimester guides to body changes nutrition and emotional health Guidance on exercise rest body temperature injury prevention Guidelines and suggested workouts for running swimming and cycling Strength and flexibility exercises to reduce discomfort and chance of injury Tips on exercise gear for each trimester Symptoms of common pregnancy conditions and when to see a doctor Three chapters of expert guidance on returning to fitness after delivery

The Essential Guide to Healthy Healing Foods Victoria Shanta Retelny, 2011-07-05 Eat better Live longer The Essential Guide to Healthy Healing Foods is for readers who want the best scientifically researched recommendations for foods used for the treatment of specific conditions It covers foods for a variety of conditions from the most serious ailments like heart disease cancer and diabetes to important issues like high cholesterol and blood pressure sleep disorders memory problems allergies PMS migraines and arthritis **The Complete Pregnancy Guide for Expectant Mothers** Alex A.

Lluch, Benito Villanueva, 2011-08-16 Every year approximately 6 million women in America become pregnant This time in a woman's life is an experience full of physical and emotional changes that are exhilarating amazing and complicated The Complete Pregnancy Guide for Expectant Mothers takes the mystery out of having a baby with comprehensive information about the day to day changes mother and baby will be experiencing plus important facts and tips for having a happy and healthy pregnancy With in depth information for all 266 days of pregnancy plus the months after baby is born this is the only book a mother to be will need *History of Vegetarianism and Veganism Worldwide (1970-2022)* William Shurtleff; Akiko Aoyagi, 2022-03-10 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 48 photographs and illustrations mostly color Free of charge in digital PDF format

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