

Pregnancy Checklist

This is a ready-made checklist template for you to keep organized and track all the tasks one-by-one. You can use the Status column to checkmark your completed tasks.

Category	Item Name	Priority	Assignee	Status
First Trimester	Schedule first prenatal visit	High		
First Trimester	Take prenatal vitamins	High		
First Trimester	Confirm pregnancy with test	High		
First Trimester	Research healthcare providers	Medium		
First Trimester	Review family medical history	Medium		
First Trimester	Plan a healthy diet	High		
First Trimester	Start a pregnancy journal	Low		
Second Trimester	Schedule second trimester ultrasound	High		
Second Trimester	Begin regular prenatal visits	High		
Second Trimester	Register for childbirth classes	Medium		
Second Trimester	Plan for maternity leave	Medium		
Second Trimester	Create a baby registry	Medium		
Second Trimester	Start nursery setup	Medium		
Second Trimester	Purchase maternity clothes	High		
Second Trimester	Begin light exercise routine	Medium		
Third Trimester	Schedule third trimester ultrasound	High		
Third Trimester	Pack hospital bag	High		
Third Trimester	Finalize birth plan	High		
Third Trimester	Install car seat	High		
Third Trimester	Arrange for newborn care	High		
Third Trimester	Prepare freezer meals	Medium		
Third Trimester	Set up nursery	Medium		
Third Trimester	Wash baby clothes and linens	Medium		
Third Trimester	Plan for pet care during hospital stay	Low		
Labor and Delivery	Know the route to hospital	High		
Labor and Delivery	Have birth plan accessible	High		
Labor and Delivery	Inform family and friends of plan	Medium		
Labor and Delivery	Arrange transportation	High		
Labor and Delivery	Prepare for postpartum care	Medium		
Postpartum	Schedule postpartum check-up	High		
Postpartum	Plan for newborn's first doctor visit	High		
Postpartum	Arrange for help at home	Medium		
Postpartum	Join a new parents support group	Medium		
Postpartum	Monitor baby's feeding and sleep schedule	High		
Postpartum	Take care of your mental health	High		
General	Keep track of important contacts	Medium		
General	Stay hydrated	High		
General	Maintain a healthy diet	High		
General	Educate yourself on breastfeeding	Medium		
General	Stay active with safe exercises	Medium		
Concrete	stay detire with sale excluses			
NOTES & COMMENTS				

NOTES & COMMENTS