


First Trimester Checklist

Don't forget to do these important things in your first trimester


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- ☐ Schedule a doctor's appointment
- ☐ Take a good prenatal vitamin
- ☐ Take an online pregnancy class
- ☐ Cut foods like deli meat from diet
- ☐ Eat more leafy greens in your diet
- ☐ Drink more water
- ☐ Prep your morning sickness kit
- ☐ Do pelvic floor exercises
- ☐ Sleep when you can
- ☐ Start thinking of a birth plan
- ☐ Prevent stretch marks
- ☐ Decide how to tell your husband
- ☐ Decide you will announce your pregnancy



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- ☐ Decide if you want to know the gender
- ☐ Talk to your children about your pregnancy
- ☐ Download the baby tracker app
- ☐ Do some reading
- ☐ Start a pregnancy journal
- ☐ Start thinking about baby names
- ☐ Track your pregnancy in picture
- ☐ Invest in maternity clothes
- ☐ Start to declutter your home
- ☐ Write a shopping list
- ☐ Do some freezer cooking
- ☐ Sign up for Amazon Prime
- ☐ Sign up for childcare
- ☐ Get inspired on Pinterest
- ☐ Check your insurance
- ☐ Plan your maternity dates and leave



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- ☐ Plan your baby budget
- ☐ Know your options
- ☐ Cut your spending
- ☐ Do some reading

Thank you mama! I hope your pregnancy is a joyous experience!
Thanks! Remember to visit [Smart Mom Ideas](#) for more pregnancy tips and postpartum tips!