


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!