

Pregnancy Journal

A few pages to write down the parts worth remembering

This isn't a daily log, it's a handful of open pages for the parts of pregnancy worth writing down while they're fresh: how you found out, what changed, what you're hoping for. Skip any prompt that doesn't fit and add your own.

First Trimester

How did you find out you were pregnant, and who did you tell first?

What's been the hardest part so far, and what's helped?

What are you most looking forward to?

Second Trimester

What does it feel like the first time you notice your baby move?

Anything you've learned at an appointment or ultrasound worth remembering?

What's changed about how you're feeling, physically or otherwise?

Third Trimester

What are you doing to get ready, physically and otherwise?

What are you most nervous about? What are you most excited about?

If you could tell your baby one thing right now, what would it be?

The Big Day

Baby's name, birth date, and time

Tell the story, however much of it you want to remember

The first thing you thought or felt when you met them