

Pregnancy Symptom Tracker

A month-by-month log to bring to your appointments

Check off what you're noticing each month, a quick pattern to show your provider is often more useful than trying to remember exactly when something started.

Month	Nausea	Fatigue	Heartburn	Swelling	Back Pain	Mood Changes	Other / Notes
Month 1							
Month 2							
Month 3							
Month 4							
Month 5							
Month 6							
Month 7							
Month 8							
Month 9							
Month 10							
Month 11							
Month 12							

Worth remembering. Most of what shows up on this list is uncomfortable but expected. Sudden or severe swelling, a bad headache that won't go away, or vision changes are worth calling your provider about the same day rather than waiting for your next visit.