

Prenatal Appointment Tracker

Bring this to each visit and fill it in as you go

Bring this to each appointment and jot down the numbers as your provider calls them out, it's an easy way to keep track of how things are trending between visits.

Date	Week	Weight	Blood Pressure	Fundal Height	Baby's Heart Rate	Notes / Questions

Worth remembering. Fundal height (the measurement from your pubic bone to the top of your uterus) usually starts around 20 weeks and roughly matches your week of pregnancy in centimeters, your provider will tell you if yours is being tracked differently.