

# Pregnancy Countdown Chart

|     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 266 | 265 | 264 | 263 | 262 | 261 | 260 | 259 | 258 | 257 | 256 | 255 | 254 | 253 | 252 | 251 | 250 | 249 | 248 | 247 |
| 246 | 245 | 244 | 243 | 242 | 241 | 240 | 239 | 238 | 237 | 236 | 235 | 234 | 233 | 232 | 231 | 230 | 229 | 228 | 227 |
| 226 | 225 | 224 | 223 | 222 | 221 | 220 | 219 | 218 | 217 | 216 | 215 | 214 | 213 | 212 | 211 | 210 | 209 | 208 | 207 |
| 206 | 205 | 204 | 203 | 202 | 201 | 200 | 199 | 198 | 197 | 196 | 195 | 194 | 193 | 192 | 191 | 190 | 189 | 188 | 187 |
| 186 | 185 | 184 | 183 | 182 | 181 | 180 | 179 | 178 | 177 | 176 | 175 | 174 | 173 | 172 | 171 | 170 | 169 | 168 | 167 |
| 166 | 165 | 164 | 163 | 162 | 161 | 160 | 159 | 158 | 157 | 156 | 155 | 154 | 153 | 152 | 151 | 150 | 149 | 148 | 147 |
| 146 | 145 | 144 | 143 | 142 | 141 | 140 | 139 | 138 | 137 | 136 | 135 | 134 | 133 | 132 | 131 | 130 | 129 | 128 | 127 |
| 126 | 125 | 124 | 123 | 122 | 121 | 120 | 119 | 118 | 117 | 116 | 115 | 114 | 113 | 112 | 111 | 110 | 109 | 108 | 107 |
| 106 | 105 | 104 | 103 | 102 | 101 | 100 | 99  | 98  | 97  | 96  | 95  | 94  | 93  | 92  | 91  | 90  | 89  | 88  | 87  |
| 86  | 85  | 84  | 83  | 82  | 81  | 80  | 79  | 78  | 77  | 76  | 75  | 74  | 73  | 72  | 71  | 70  | 69  | 68  | 67  |
| 66  | 65  | 64  | 63  | 62  | 61  | 60  | 59  | 58  | 57  | 56  | 55  | 54  | 53  | 52  | 51  | 50  | 49  | 48  | 47  |
| 46  | 45  | 44  | 43  | 42  | 41  | 40  | 39  | 38  | 37  | 36  | 35  | 34  | 33  | 32  | 31  | 30  | 29  | 28  | 27  |
| 26  | 25  | 24  | 23  | 22  | 21  | 20  | 19  | 18  | 17  | 16  | 15  | 14  | 13  | 12  | 11  | 10  | 9   | 8   | 7   |
|     |     |     |     |     |     |     | 6   | 5   | 4   | 3   | 2   | 1   |     |     |     |     |     |     |     |

First Trimester

Second Trimester

Third Trimester