

The friendliest place for moms and moms-to-be!

# Printable Pregnancy Calendar

Day 1 0 wks 1 day	Day 2 0 wks 2 days	Day 3 0 wks 3 days	Day 4 0 wks 4 days	Day 5 0 wks 5 days	Day 6 0 wks 6 days	Day 7 1 week
Sun, Jul 02	Mon, Jul 03	Tue, Jul 04	Wed, Jul 05	Thu, Jul 06	Fri, Jul 07	Sat, Jul 08
Approximate day of your last menstrual cycle.	If you smoke, this is the time to quit. Speak to your doctor about smoking cessation program.	Speak to your health care provider about any current medications and their health risks to developing fetus.	Look at your work and home environment for potential environmental hazards.	Schedule a dental exam prior to pregnancy to take care of any necessary dental work to avoid unnecessary exposure to x-rays.	Taking prenatal vitamins now with extra folic acid helps promote maternal and fetal health and prevent neural tube defects.	Alcohol and drugs are a serious threat fetal development. They should be avoided during pregnancy.
Day 8 1 week 1 day	Day 9 1 week 2 days	Day 10 1 week 3 days	Day 11 1 week 4 days	Day 12 1 week 5 days	Day 13 1 week 6 days	Day 14 2 wks
Sun, Jul 09	Mon, Jul 10	Tue, Jul 11	Wed, Jul 12	Thu, Jul 13	Fri, Jul 14	Sat, Jul 15
Getting a health physical for you and your partner prior to conception is helpful to avoid potential medical problems.	Now is the time to talk with your partner about parenting and pregnancy.	Ovulation should be occurring within the next several days. Look for increased mucus in vaginal secretions.	Caffeine's effect on developing baby is unknown. It is best to avoid caffeine during pregnancy.	If you have a regular exercise routine, usually there is no reason to stop.	If you haven't found a doctor or midwife, now is a good time to start looking for one.	<div></div> Based on a 28 day cycle, today is the approximate date of conception.
Day 15 2 wks 1 day	Day 16 2 wks 2 days	Day 17 2 wks 3 days	Day 18 2 wks 4 days	Day 19 2 wks 5 days	Day 20 2 wks 6 days	Day 21 3 wks

Sun, Jul 16	Mon, Jul 17	Tue, Jul 18	Wed, Jul 19	Thu, Jul 20	Fri, Jul 21	Sat, Jul 22
Once sperm enters egg, the egg splits and forms nuclei of ovum. Sperm nuclei and ovum nuclei join and this is fertilization.	Until day 15 baby is considered a zygote.	Sex of your baby is determined at the moment of fertilization.	Zygote is rapidly dividing and is surrounded by the zona pellucida. The zona pellucida holds the cell together.	The inner solid ball of cells is called the blastocyst.	The zona pellucida is replaced by the trophoblast.	The zygote is fed by uterine "milk" (or secretions from uterine glands) at this time.
Day 22 3 wks 1 day	Day 23 3 wks 2 days	Day 24 3 wks 3 days	Day 25 3 wks 4 days	Day 26 3 wks 5 days	Day 27 3 wks 6 days	Day 28 4 wks
Sun, Jul 23	Mon, Jul 24	Tue, Jul 25	Wed, Jul 26	Thu, Jul 27	Fri, Jul 28	Sat, Jul 29
Between days 7-10 from fertilization implantation usually occurs.	The amniotic sac begins to form at the time of implantation.	The yolk sac and umbilical cord also begin to form.	It is possible to receive positive results from a home pregnancy test at this time, but they are more accurate if taken after a missed period.	You may be feeling symptoms of pregnancy now such as nausea, fatigue, and breast tenderness.	You may be noticing more frequent urination and increased vaginal discharge.	If you have a 28 day cycle, you should note an absence of your menstrual cycle today.

appointment date: \_\_\_\_\_ time: \_\_\_\_\_ questions for doctor: \_\_\_\_\_

my weight: \_\_\_\_\_ blood pressure: \_\_\_\_\_

fetal heartbeat: \_\_\_\_\_ fundal height: \_\_\_\_\_