

Pregnancy Calendar

Pregnancy lasts about 280 days, or 40 weeks (from your last period). This Table starts with the 3rd week; [fetus](#) is 1 week old at this point).

Week	Your Body	Baby	Tests/Things To Do
3	Missed Period is the first clue. Some women have all, some or none of the following symptoms at this time: Fatigue, breast tenderness, frequent urination, nausea with or without vomiting	The embryo is about 0.006inch (0.150mm) long	You may take a home pregnancy test if you already done so. It's time to start finding a midwife and collecting reading material. FOLIC ACID is one of the most important nutrients to help prevent certain birth defects so talk to your midwife about a good brand ASAP.
4	Same symptoms as week 3	The embryo varies from 0.014 inch to about 0.04 inch (0.36mm to about 1mm) in length	Just eat well, sleep enough and drink plenty of purified water!
5	Increased nausea in some women. Some women don't get nausea at all	0.05 inch (1.25mm) long	Just eat well, sleep enough and drink plenty of purified water
6	You may have gained some weight, or lost some due to nausea. Breasts become more tender	Crown-to-rump (length from baby's head to its rump or buttocks) is 0.08 to 0.16 inch (2 to 4mm). Heart contractions begin at this time. Limb buds are seen, eyes begin forming	Prenatal care should begin now or within a couple of weeks. Tests include: Complete history, basic physical and diet review.
7	None new	Crown-to-rump length of your baby is now 0.16 to 0.2 (4 to 5mm). By the end of this week, your baby will be around 0.44 to 0.52 inch (11 to 13mm) in length	Just eat well, sleep enough and drink plenty of purified water
8	Uterus is getting bigger, but still not showing. You may experience sciatic-nerve pain	0.56 to 0.8 inch (14 to 20mm) in length. Eyelids form, ears forming, elbows, tip of nose present, fingers and toes begin forming	If you haven't started prenatal care, definitely, let's get started!
9	Pelvic exam will show your uterus to be the size of a grapefruit at this time. Waistline becomes thicker	Baby is 0.9 inch to 1.2 inches (22 to 30mm) in length (size of an olive). Baby moves arms & legs, longer fingers, more defined toes, body straightens.	Just eat well, sleep enough and drink plenty of purified water