


How to calculate PREGNANCY WEEKS TO MONTHS

(Two common methods you need to know...)

Trimester	Month	Week (method 1)	Week (method 2)
1 st 	1	1-4	1-4
	2	5-8	5-8
	3	9-13	9-13
2 nd 	4	14-17	14-17
	5	18-21	18-22
	6	22-26	23-27
3 rd 	7	27-30	28-31
	8	31-35	32-35
	9	36-40	36-40