

Self-Care Tasks

S M TU W TH F SA

DATE

THINGS TO DO

PRIORITIES



TODAY'S MANTRA

APPOINTMENTS

CHALLENGES

I AM GRATEFUL FOR:

1

2

3

4

Pregnancy Health



30 DAYS OF SELF-CARE IDEAS

1

Start a pregnancy journal

2

Choose a good prenatal vitamin

3

Take a nap

4

Do 15 minutes of gentle stretching

5

Try a fruit/veggie smoothie

6

Drink 8 glasses of water

7

Take a walk outside

8

Go to bed an hour earlier than usual

9

Swap 1 unhealthy snack for healthy

10

Try deep breathing exercises

11

Get a planner or calendar

12

Eat a balanced diet

13

Try 20 minutes of prenatal yoga

14

Keep crackers and water by nightstand

15

Use pillows to get comfortable

16

Eat a fiber-rich snack

17

Use a BPA-free water bottle vs. plastic

18

Do 5 minutes of AM & PM stretches

19

Practice positive affirmations

20

Try adult coloring

21

Drink a big glass of water in the AM

22

Try low-impact exercises

23

Choose a protein-rich snack

24

Meditate

25

Meet up with a friend

26

Eat small frequent meals

27

Listen to classical music

28

Eat a banana before bed

29

Practice kegel exercises

30

Use a Pregnancy Prep Pack

Pregnancy

Meal Tracker

DUE DATE

WEEK OF

	MEAL	SNACK	WATER
S	B L D		● ● ● ● ● ● ● ●
M	B L D		● ● ● ● ● ● ● ●
T	B L D		● ● ● ● ● ● ● ●
W	B L D		● ● ● ● ● ● ● ●
T	B L D		● ● ● ● ● ● ● ●
F	B L D		● ● ● ● ● ● ● ●
S	B L D		● ● ● ● ● ● ● ●

Food Aversions:

Pregnancy To-Do

1 First Trimester

- Start prenatal vitamins
- Make a dr appointment
- Eat healthy foods
- Stay hydrated
- Get plenty of sleep
- Avoid unsafe activities
- Prepare nutritious snacks
- Research birth classes
- Know maternity leave policy
- Start a pregnancy journal

2 Second Trimester

- Take a prenatal yoga class
- Brainstorm baby names
- Buy maternity clothes
- Moisturize belly
- Research pediatricians
- Create a baby registry
- Take a birth class early
- Get a prenatal massage
- Try light exercises/stretches
- Stay hydrated

3 Third Trimester

- Take maternity photos
- Minimize heavy lifting/work
- Prepare frozen meals
- Make childcare arrangements
- Interview pediatricians
- Practice relaxation breathing
- Reduce travel
- Pack a hospital bag
- Install car seat
- Rest