

Pregnancy Planner

40 weeks of notes, appointments and a birth plan

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- 01** Write a page every week
- 02** Keep appointments and questions together
- 03** Prepare your birth plan and baby list

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Week 38	Week 39	Week 40	Birth plan	Hospital bag	Baby shopping list
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My pregnancy

Due date	First day of last period
Doctor / midwife	Hospital / birth center
Phone	Insurance

How we found out