EARLY PREGNANCY TOOLS

Pregnancy Week Tracker

Weeks 1–20 · Print on US Letter, or A4 with 'fit to page'

Fill in the date for each week, then use the last two columns for appointments and anything you want to remember.

Name _____ **First day of last period** _____ **Due date** _____

Week	Dates	Appointments	How I feel / notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Tip: Your due date can move after a dating scan. Write the new date here when you get it.

This tracker is a blank planning page, not medical advice. Weeks are counted from the first day of your last period, as used by ACOG and the NHS.

EARLY PREGNANCY TOOLS

Pregnancy Week Tracker

Weeks 21–40 · Print on US Letter, or A4 with 'fit to page'

From around week 20 you may also want to note movements, classes and birth-plan questions.

Week	Dates	Appointments	How I feel / notes
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			

Questions for my midwife or doctor

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