



Hello little bump

PREGNANCY JOURNAL



THIS BOOK BELONGS TO

.....

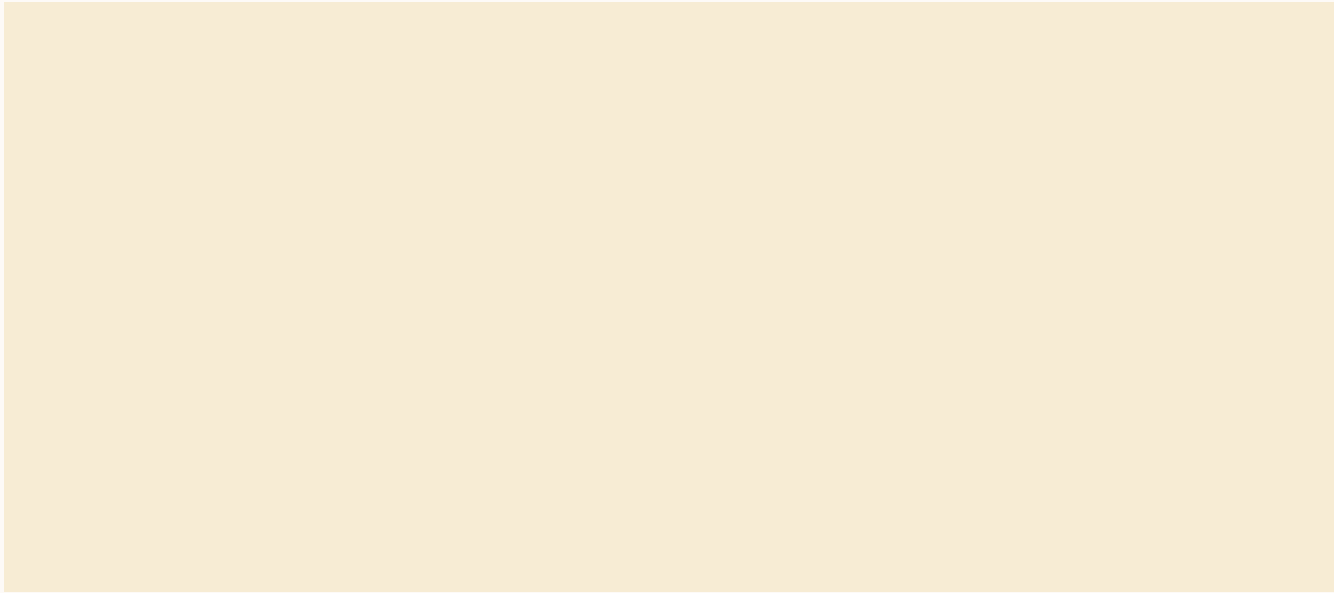
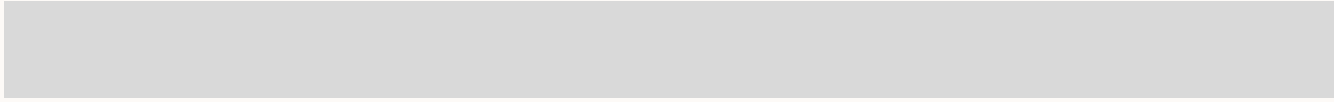
WWW.DAISYDOTS.CO

First exciting Experiences dates

Positive Pregnancy Test	Ultrasound	Food cravings
Felt Baby Kick	Hiccups	Felt Contractions
Heard Heartbeat	Came up with the name	



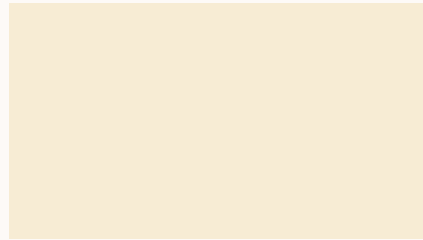
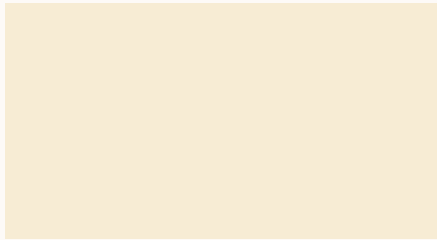
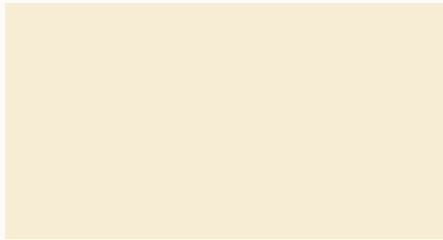
First Ultrasound



Date

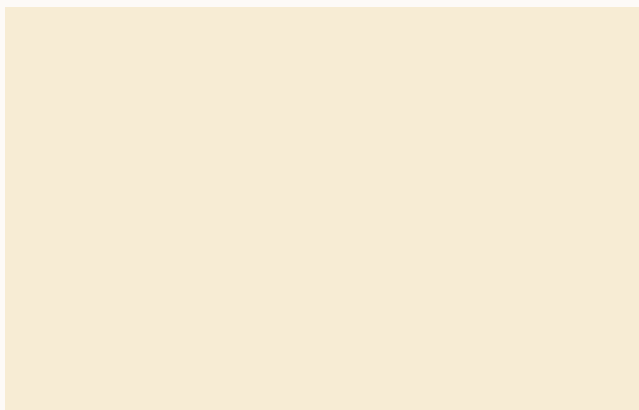
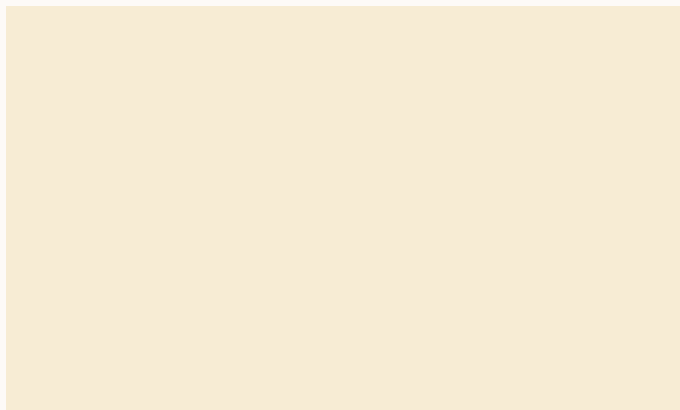
Weight

Length



Our Reaction

Our Family's Reaction



Medication

Medication	Date & Notes	Time	Taken
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Medication

Medication	Date & Notes	Time	Taken
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Hospital Packing List

For Mama

For Baby



Who I want In The Delivery Room

Type of Birth



Vaginal



Water Birth



C-Section



VBAC

What Is Most Important To Me

Notes



Baby shower guest list

Name	Phone number	Address



Week:

Date:

Belly Size:

Weight:

Health:

Emotional Health:

Food That Calms My Belly:

Food That Upsets My Belly:

I'm Craving

Symptoms:

Moments to Remember:





Date

Notes:

