Prenatal Pregnancy Weekly Trimester Checklist & Kick

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Priorities

Prenatal Pregnancy Weekly Trimester Checklist & Kick

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	1	2	3	4	5	6	7
Skincare							
Tidy 10 min							
No sugar							
Stretch							
No phone in bed							
Eat veggies							
Cold shower							
Plan tomorrow							

Work

Home

Self

Next week