Hello!

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En joy!

(and if you notice a typo, please let us know!)

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Sample Day

Monday	7/12
<u>Breakfast:</u>	Appointments:
esss and toast	Dr. Baby
	3:00
<u>Snack:</u>	Notes:
apple	Glucose
<u>Lunch:</u> Turkey	test—Gross
sandwich	but 1 passed
orange	
<u>Snack:</u>	Weight:
yoçurt	oh no!
<u>Dinner:</u>	Water:
tacos	XXXXX
watermelon	XUUU
<u>Snack:</u> cheese	◊ Supplements
& crackers	♦ Exercise

How I'm feeling

no energy! too bot outside! lots of Braxton Hicks today ¥ a couple seal ones.

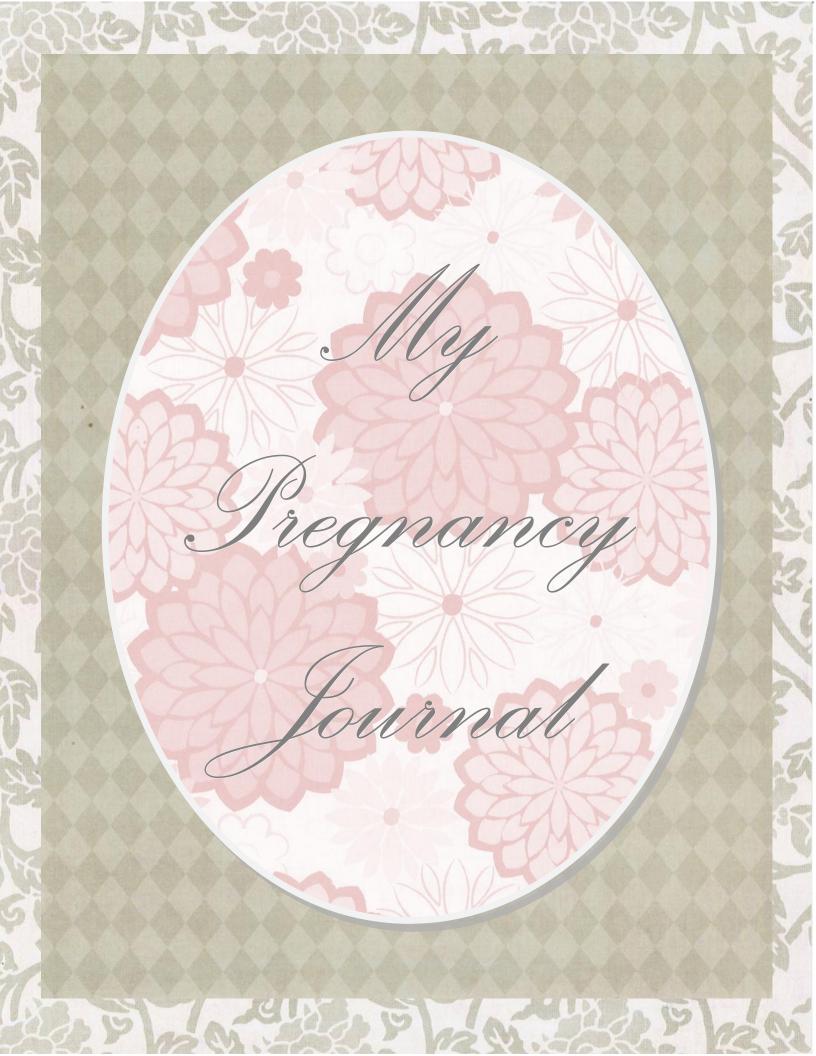
Contractions: ||

During my last pregnancy, I had to record my meals and glucose levels. When I found myself pregnant again, I decided a journal would be a good idea. I wasn't finding what I wanted online so quickly came to the conclusion that making my own would be simplest.

My goal was something easy to use not something time consuming that would fall to the wayside because it wasn't practical for a busy mom. I wanted something where I could see at a glance how far along I am and if I'm staying on track but also have a place for those milestones: first baby movement felt, when those Braxton Hicks start, tallying contractions when they start, etc.

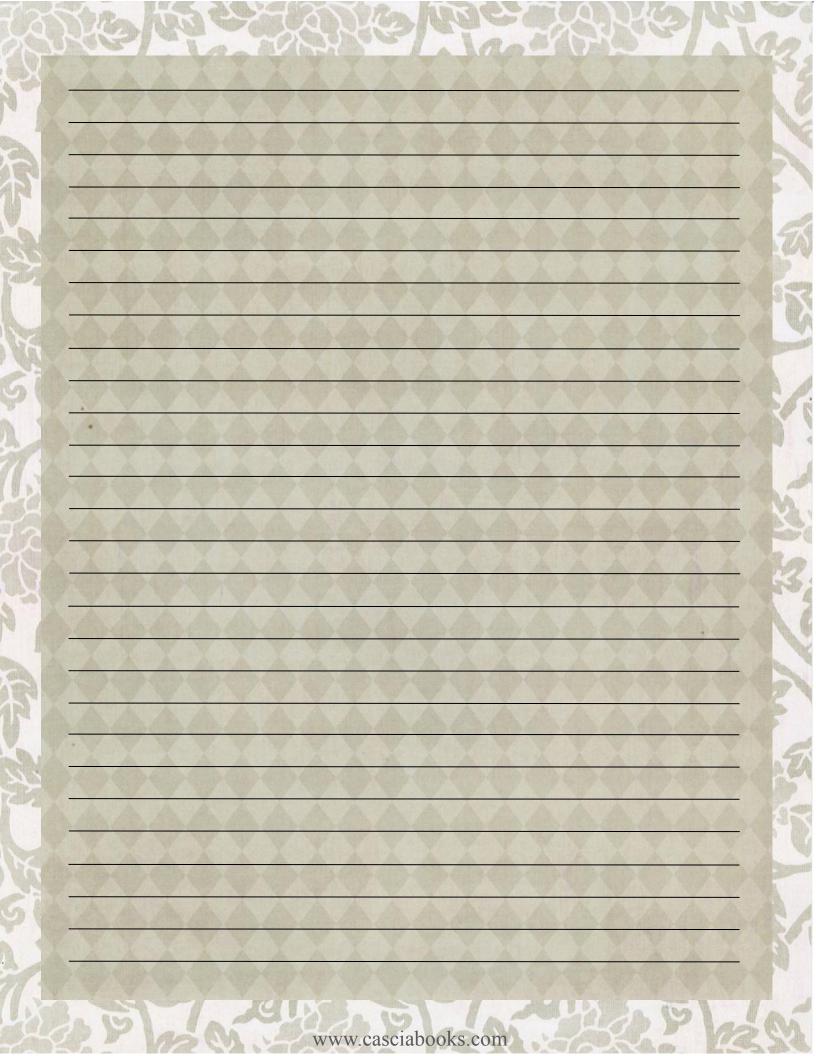
This journal starts at week 1, even though most doctors count the start of your last cycle as the first week of your pregnancy and most people won't know they are pregnant yet. Trimesters, months, weeks, in a pregnancy vary

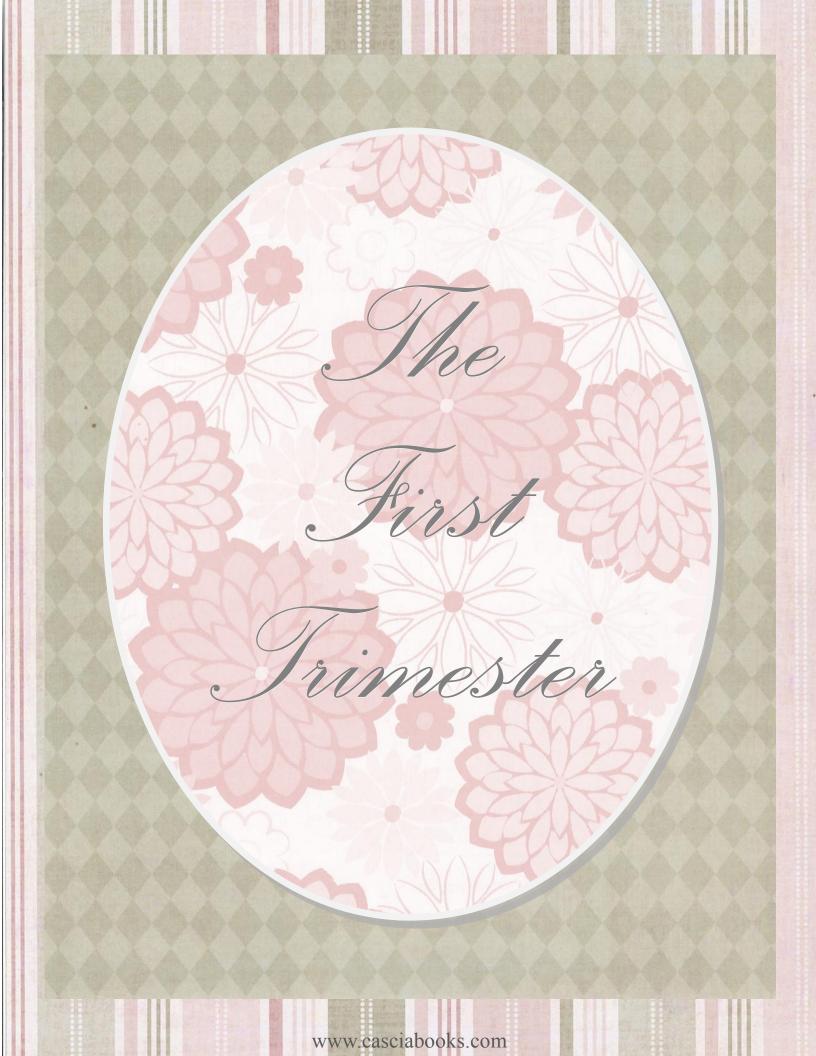
depending on your sources so this may be a slightly different format than what you are used to.



	Boy	Name.	5	
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Girl Names www.casciabooks.com





Week 1

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	200	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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1st Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 2

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	000	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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1st Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 3

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water: UUUUU UUUUUU	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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1st Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 4

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		Lunch:
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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1st Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:	202	<u>Lunch:</u>		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 5

Appointments: Notes: Weight:	Breakfast: Snack: Lunch: Snack:
	Lunch:
Weight:	884
Weight:	<u>Snack:</u>
	10000
Water:	<u>Dinner:</u>
SupplementsExercise	<u>Snack:</u>
	How I'm feeling
	♦ Supplements

2nd Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 6

otes:	Monday Breakfast: Snack: Lunch:	Appointments: Notes:	Tuesday Breakfast: Snack: Lunch:	Appointments: Notes:	Wednesday Breakfast: Snack: Lunch:
	22	Notes:		Notes:	882
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
'eight:				1000	004
661	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
ater:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
Supplements Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
	How I'm feeling		How I'm feeling		How I'm feeling
	Supplements	Supplements Snack: Exercise How I'm feeling	Supplements Snack: Exercise Now I'm feeling 	Image: Note of the second s	ATTEND Supplements Supplements Snack: Cerecise Snack: Now I'm feeling How I'm feeling

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2nd Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		<u>Lunch:</u>		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 7

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	000	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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2nd Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>	202	Lunch:		Lunch:	200 C
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 8

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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2nd Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>	202	Lunch:		Lunch:	200 C
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 9

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		Lunch:		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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3rd Month, 1st Trimester

Appointments: Breakfast: Notes: Snack: Iunch: Iunch: Weight: Snack: Water: Dinner: Iunch: Snack: Supplements Snack: Exercise How I'm feel	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	
Weight: Snack: Water: Dinner: Utility Snack: Supplements Snack: Supplements Snack: Exercise Image: Complements	And the first for			<u>Dreagas.</u>	Appointments:
Weight: Snack: Water: Dinner: Image: Supplements Snack: Supplements Snack: Exercise Image: Supplements	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
Water: Dinner: Uiter: Dinner: Image: Supplements Snack: Image: Supplements Snack:		<u>Lunch:</u>		<u>Lunch:</u>	
 Supplements Exercise 	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
♦ Exercise	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
How I'm feel	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
60000	ng	How I'm feeling		How I'm feeling	

Week 10

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	000	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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3rd Month, 1st Trimester

	Thursday		Fríday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>	2002	<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 11 _

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	000	<u>Lunch:</u>		Lunch:		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
		WWW	casciabooks	s.com		

3rd Month, 1st Trimester

	Thursday		Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
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Week 12

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>	000	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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3rd Month, 1st Trimester

	Thursday		Fríðay		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
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	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
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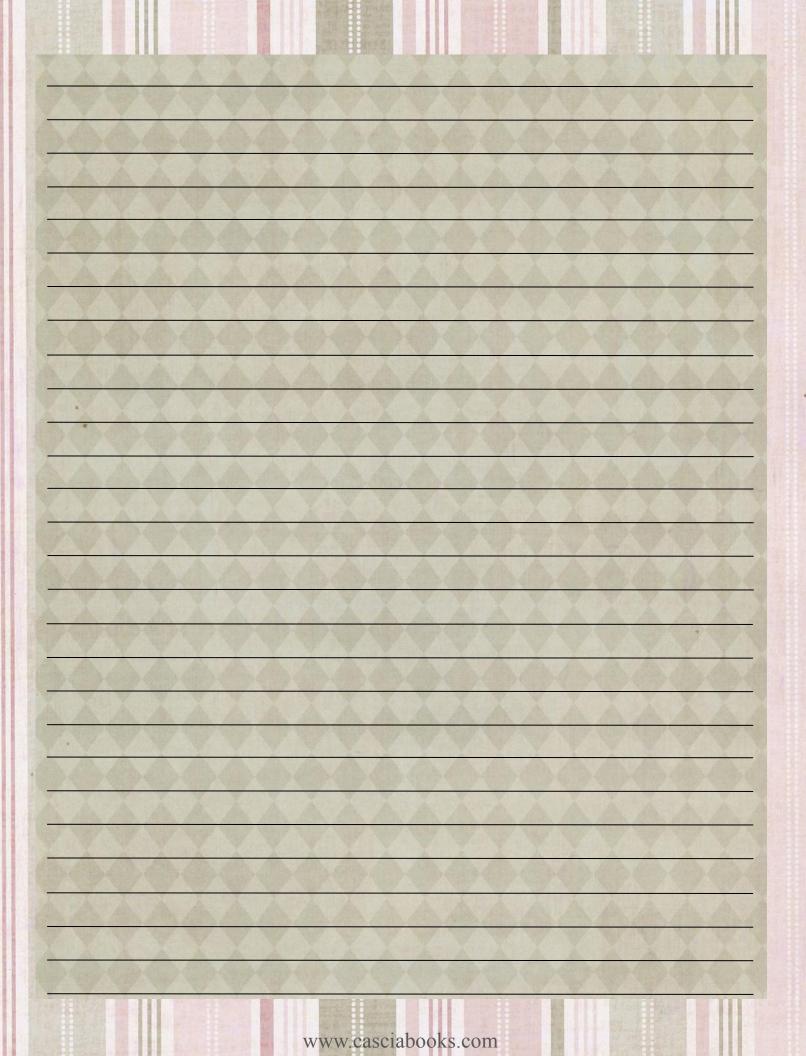
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Sunday		Monday		Tuesday		Wednesday
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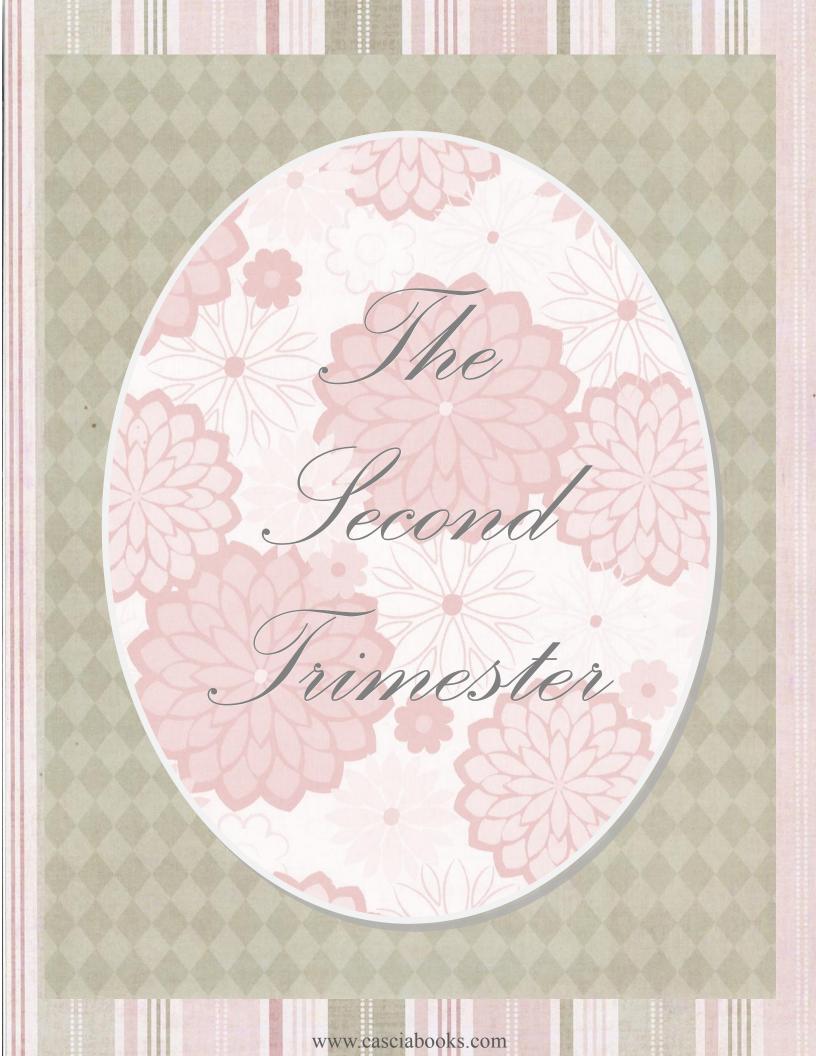
3rd Month, 1st Trimester

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<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
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<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
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	Exercise		♦ Exercise	200	♦ Exercise	
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-	AV A	Thursday	2 3	Friday	R	Saturday	XX
1	Appointments:	Breakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	Breakfast:	Appointments:
		000	0.0.0	004		000	0.04
N MAN	<u>A A A</u>		444	441			
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- MBMA	XXX		X 2 X 2				XXX
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	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
	300	000	6.6.6			0.0.0	001
- Alterna	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
	♦ Supplements	Snack:	Supplements	Snack:	♦ Supplements	<u>Snack:</u>	Supplements
-	♦ Exercise	000	♦ Exercise	2000	♦ Exercise	000	♦ Exercise
A State		How I'm feeling		How I'm feeling		How I'm feeling	
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1	Sunday	145.	Monday	KAR B	Tuesday	6-1/5	Wednesday	
Br	reakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	1 10
Sn	1ack:	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	A ARRA V
<u>Lu</u>	unch:		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Sn	<u>nack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	I ANA I
Di	inner:	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	A AV AN
Sn	nack:	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	 Supplements Exercise 	<u>Snack:</u>	
На	ow I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling	A VOL A _ Non

-	275	Thursday		Friday	R	Saturday	XXX
1	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
		000		2004		$\bigcirc \bigcirc \bigcirc \bigcirc$	
Sol V Abber			44	444			<u>A</u>
2	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
HT - MROON	566		6.6.		5.6.6		000
ACCESSION V		<u>Lunch:</u>	AA2	<u>Lunch:</u>		Lunch:	14 A.Z
1							100
N BY	Weight	<u>Snack:</u>	Wright	<u>Snack:</u>	Wright	<u>Snack:</u>	Wright
	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
				222			
	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements
Lange .	♦ Exercise	000	♦ Exercise	20.01	♦ Exercise	0.00	♦ Exercise
No.	000	How I'm feeling	000	How I'm feeling		How I'm feeling	
Victor	6.6.6	0.0.0		1000	500	000	
Sold I BLA		000	660		600	0.00	
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Sunday	105.	Monday	1AR	Tuesday	1-1-1	Wednesday
Breakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
Snack:	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>unch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
Snack:	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
Snack:	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling

6				UT II			
10	21/2	Thursday	- 6)	Friday	K Van	Saturday	X
1	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
NAC							
N.M.	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
1 - A senti		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
8	Water:	Dinner:	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements
116	♦ Exercise	000	♦ Exercise		♦ Exercise	0.00	♦ Exercise
No. 1		How I'm feeling		How I'm feeling		How I'm feeling	
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Sunday	i des	Monday	Ko e	Tuesday	1475	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	Breakfast:	Appointments:	<u>Breakfast:</u>
	000	004	2000		$\diamond \diamond \diamond$	
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
	000		000			
<u>Lunch:</u>	666	<u>Lunch:</u>		<u>Lunch:</u>	666	<u>Lunch:</u>
	A A A		AA.		666	
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
					XXX	XXX
<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:	Dinner:
						XXX
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<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>
	♦ Exercise		♦ Exercise	200	♦ Exercise	
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
						004
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Week 24

-	275	Thursday		Friday	R	Saturday	XXX
1	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
		000		2004		$\bigcirc \bigcirc \bigcirc \bigcirc$	
Sol V Abber			44	444			<u>A</u>
2	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
HT - MROON	566		6.6.		5.6.6		000
ACCESSION V		<u>Lunch:</u>	AA2	<u>Lunch:</u>		Lunch:	14 A.Z
1							100
N BY	Weight	<u>Snack:</u>	Wright	<u>Snack:</u>	Wright	<u>Snack:</u>	Wright
	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
	Water:	Dinner:	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
				222			
	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements
Lange .	♦ Exercise	000	♦ Exercise	20.01	♦ Exercise	0.00	♦ Exercise
No.	000	How I'm feeling	000	How I'm feeling		How I'm feeling	
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Sunday	105	Monday	RAR	Tuesday		Wednesday
Breakfast:	Appointments:	Breakfast:	Appointments:	Breakfast:	Appointments:	Breakfast:
		0.0.0				
Snack:	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
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nack:	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
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nack:	◊ Supplements	<u>Snack:</u>	◊ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>
	♦ Exercise	664	♦ Exercise	000	♦ Exercise	004
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Week 25

6				UT I			
10	21	Thursday	- 6)	Friday	K Van	Saturday	X
-	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
1XC							<u></u>
N.M.	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
1 - A Amili		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
8	Water:	Dinner:	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements
116	♦ Exercise	000	♦ Exercise		♦ Exercise	0.00	♦ Exercise
No. 1		How I'm feeling		How I'm feeling		How I'm feeling	
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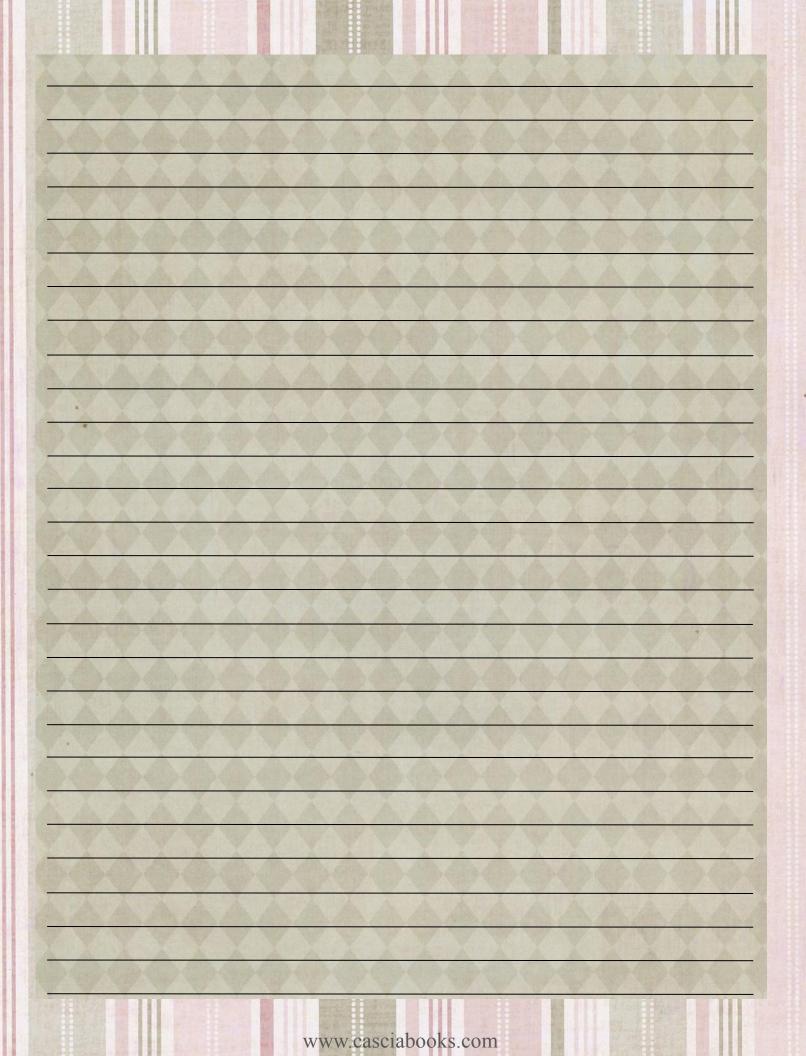
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Sunday	162/0	Monday	12 S	Tuesday	-	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	Breakfast:	Appointments:	<u>Breakfast:</u>
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<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
Lunch:	N/M	<u>Lunch:</u>		Lunch:		<u>Lunch:</u>
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<u>Dinner:</u>	Water:	Dinner:	Water:	Dinner:	Water:	Dinner:
						N/N/N
<u>Snack:</u>	Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>
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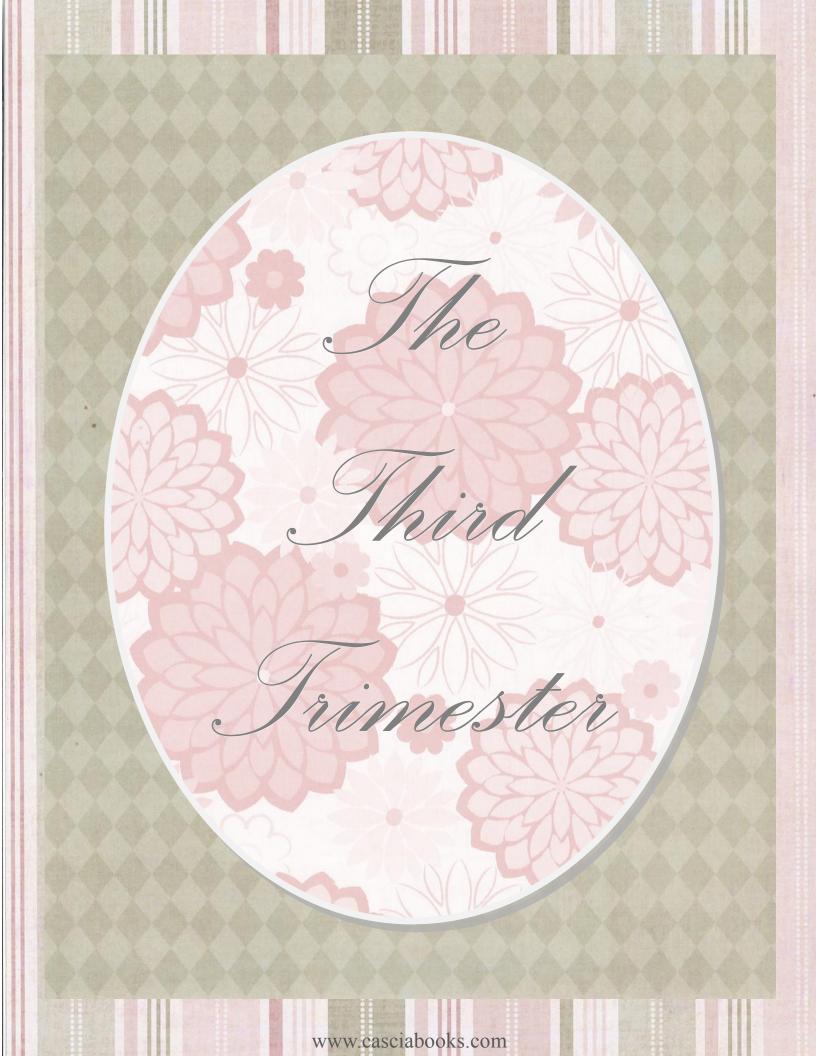
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1	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
		000		2004		$\bigcirc \bigcirc \bigcirc \bigcirc$	
Sol P Abbu	<u> </u>		44	444			<u>A</u> () (
	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
ALL MENT	666		6.6.		6.6.6		666
ACCESSION 1		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
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	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
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	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
	♦ Supplements	<u>Snack:</u>	Supplements	<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	♦ Supplements
- ANDER	♦ Exercise	000	♦ Exercise	20.01	♦ Exercise	0.00	♦ Exercise
10000		How I'm feeling		How I'm feeling		How I'm feeling	
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Week 27

Sunday		Monday		Tuesday	3-14	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		Lunch:
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
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7th Month, 3rd Trimester

(Σ)	Thursday	1	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 28

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		661

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7th Month, 3rd Trimester

(>)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling	How I'm feeling		
Contractions:	Contractions:	TATA	Contractions:	COM	Contractions:	

Week 29

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
Lunch:		<u>Lunch:</u>		Lunch:		Lunch:
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		

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7th Month, 3rd Trimester

(Σ)	Thursday	1	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 30

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		000

7th Month, 3rd Trimester

(2)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 31

Sunday		Monday		Tuesday	-11	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		1

8th Month, 3rd Trimester

(2)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 32

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	♦ Supplements ♦ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		

8th Month, 3rd Trimester

(2)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 33

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	♦ Supplements ♦ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		661

8th Month, 3rd Trimester

(2)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 34

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		

8th Month, 3rd Trimester

(2)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 35

Sunday		Monday		Tuesday	-1	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		000

8th Month, 3rd Trimester

(>)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water: WUDUU UUUUU UUUUU	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 36

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		000

9th Month, 3rd Trimester

(>)	Thursday	120	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 37

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water: DOUDO DOUDO DOUDO	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		001

9th Month, 3rd Trimester

(>)	Thursday	NACO N	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 38

Sunday		Monday		Tuesday	3-11	Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		Lunch:
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		44

9th Month, 3rd Trimester

(>)	Thursday	NACO N	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 39

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		000

9th Month, 3rd Trimester

(>)	Thursday	N/O	Friday	S.VZ	Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 40

Sunday		Monday		Tuesday		Wednesday
<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		0.0.4

9th Month, 3rd Trimester

(>)	Thursday	NACO N	Friday		Saturday	
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
	Lunch:		Lunch:		Lunch:	
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise
	How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:	Contractions:		Contractions:		Contractions:	

Week 41 ____



Sunday		Monday		Tuesday		Wednesday
× Breakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>
Lunch:		Lunch:		<u>Lunch:</u>		<u>Lunch:</u>
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	 Supplements Exercise 	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>
How I'm feeling	L	How I'm feeling	1	How I'm feeling	1	How I'm feeling
Contractions:		Contractions:		Contractions:		

9th Month, 3rd Trimester

	Thursday		Fríðay		Saturday		
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	
	How I'm feeling		How I'm feeling		How I'm feeling		
Contractions:	Contractions:		Contractions:		Contractions:		

Week 42

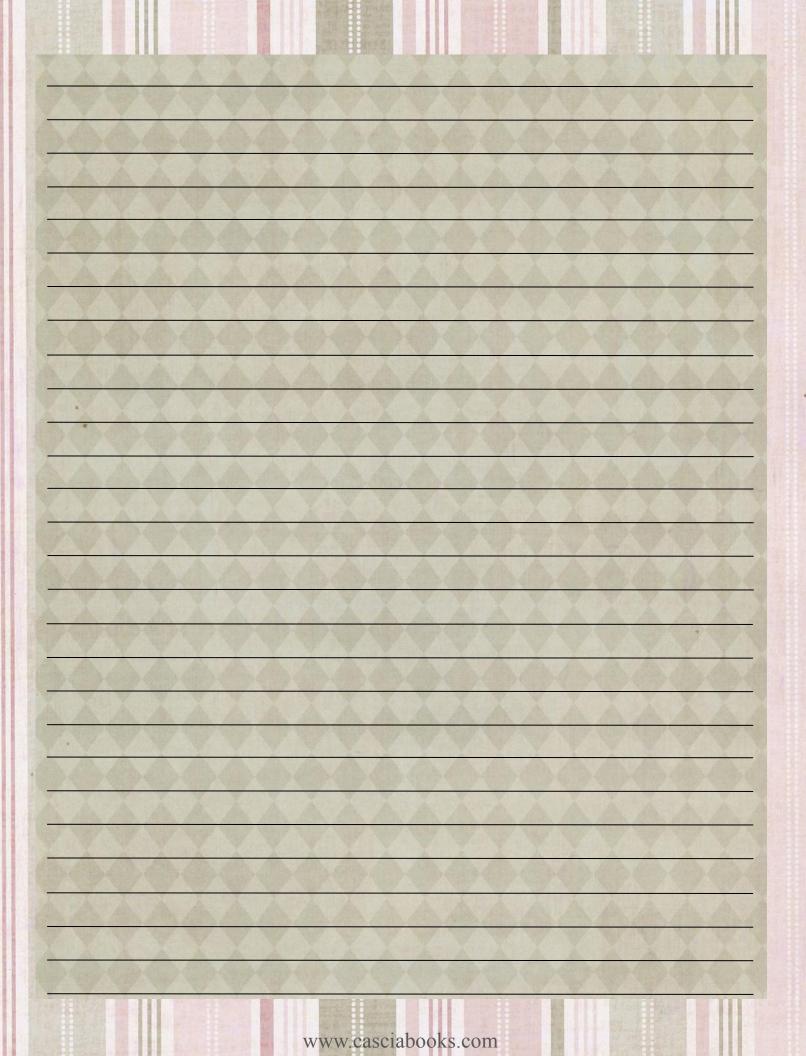


Sunday		Monday		Tuesday		Wednesday	
× Breakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	
<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	
<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	◊ Supplements◊ Exercise	<u>Snack:</u>	♦ Supplements ♦ Exercise	<u>Snack:</u>	
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling	
Contractions:		Contractions:		Contractions:			

9th Month, 3rd Trimester

	Thursday		Fríday		Saturday		
Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	
	<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		
Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	
SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	SupplementsExercise	<u>Snack:</u>	◊ Supplements◊ Exercise	
	How I'm feeling		How I'm feeling		How I'm feeling		
Contractions:	Contractions:		Contractions:		Contractions:		

Notes on the 3rd Trimester www.casciabooks.com



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