## 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.

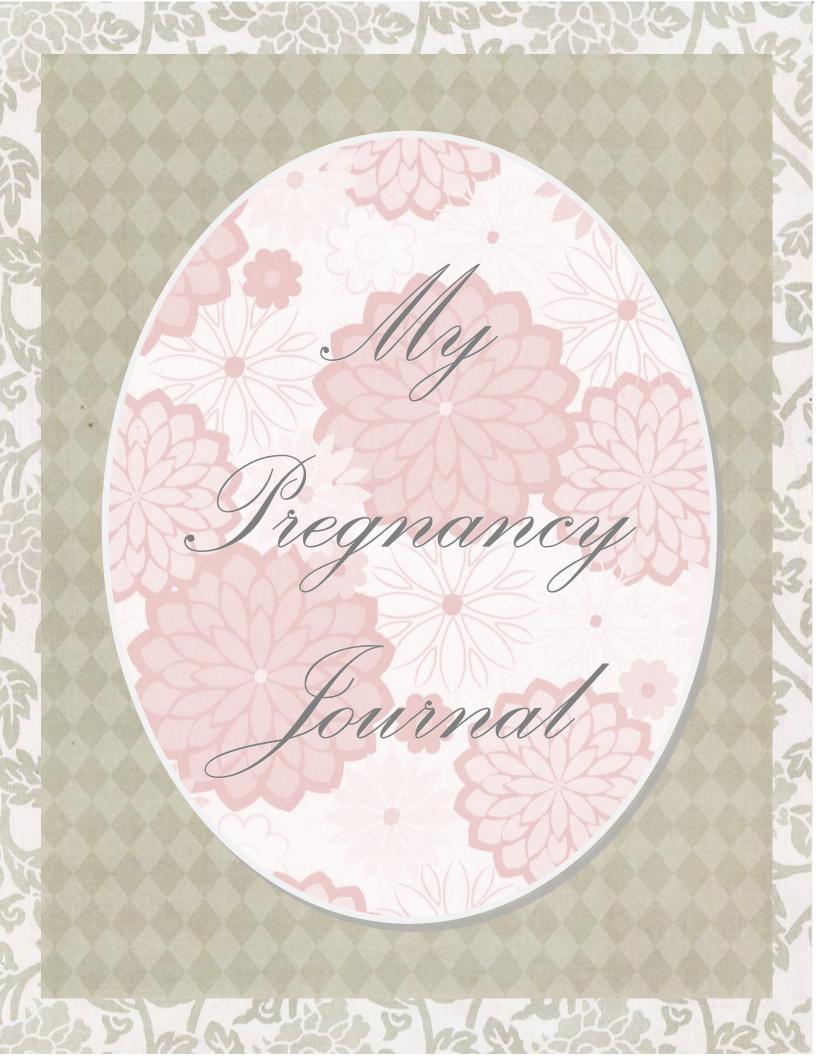
Contractions: ||

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.

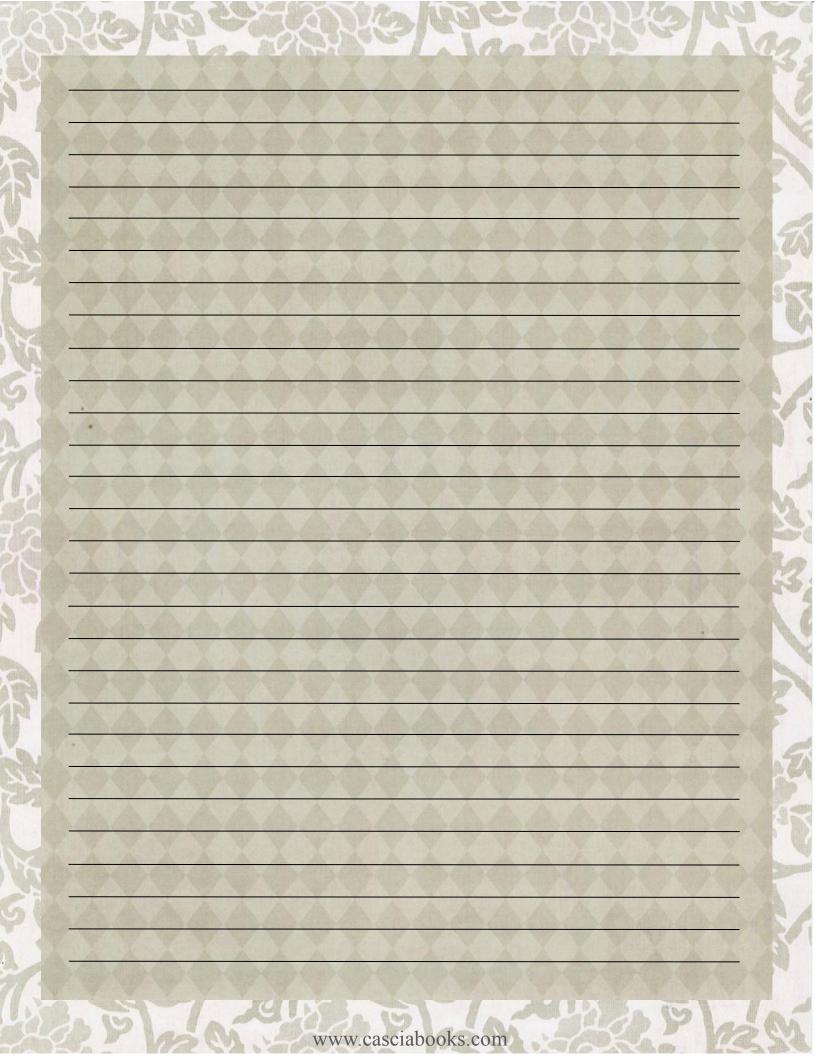
This journal starts at week 1, even though most doctors count the start of your last cycle as the first week of your pregnancy and most people won't know they are pregnant yet. Trimesters, months, weeks, in a pregnancy vary

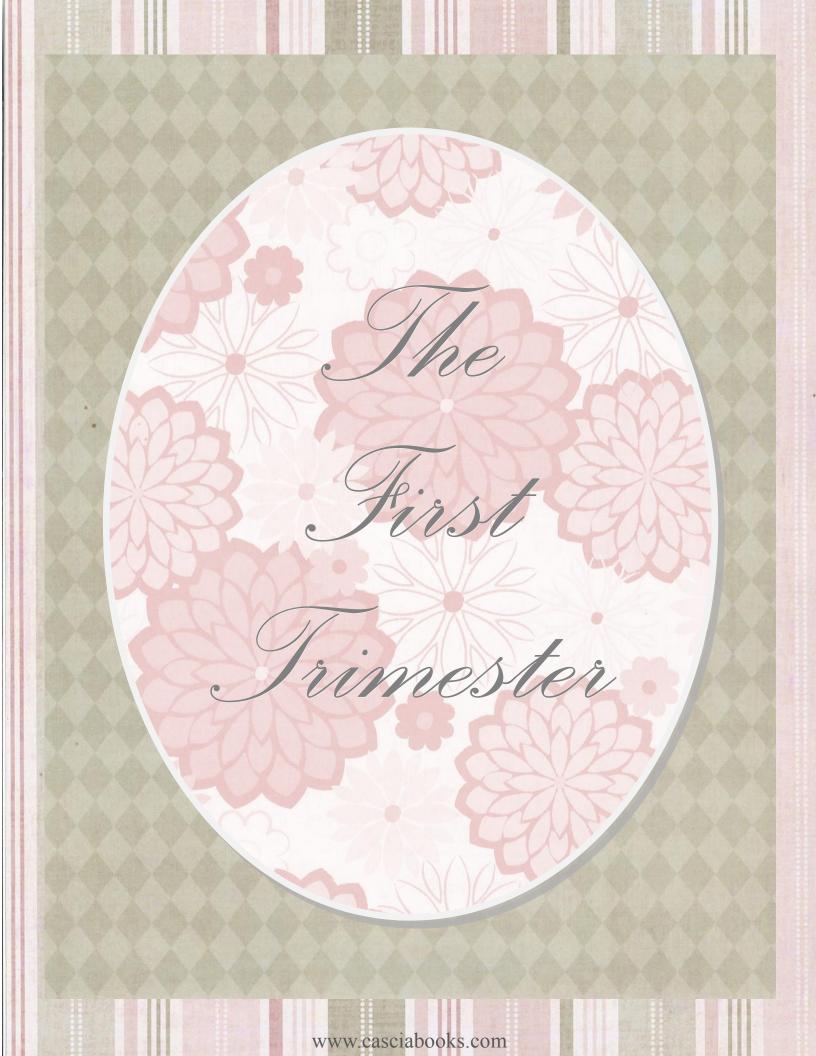
depending on your sources so this may be a slightly different format than what you are used to.



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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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>
<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>
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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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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 <ul> <li>Now I'm feeling</li> </ul>	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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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>	
<ul> <li>Supplements</li> <li>Exercise</li> </ul>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
♦ Exercise	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
How I'm feel	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
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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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	How I'm feeling		How I'm feeling		How I'm feeling	
		WWW	.casciabooks	s.com		

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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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		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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	How I'm feeling		How I'm feeling		How I'm feeling	
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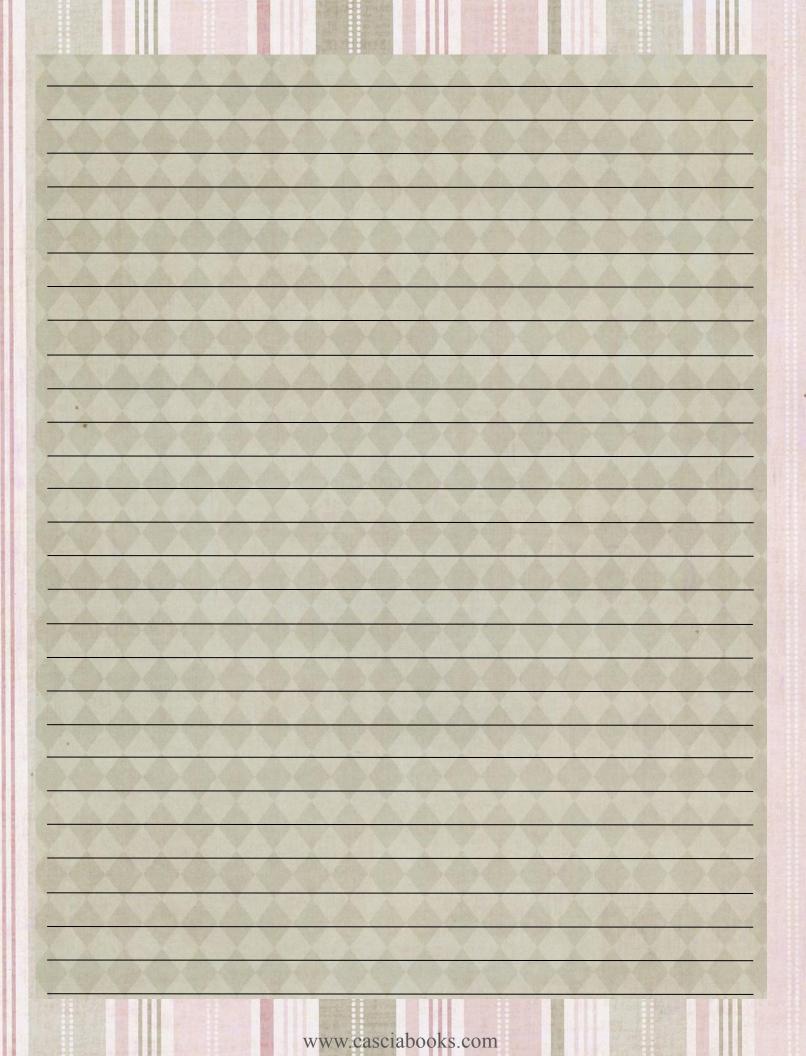
Week 13 \_

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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>
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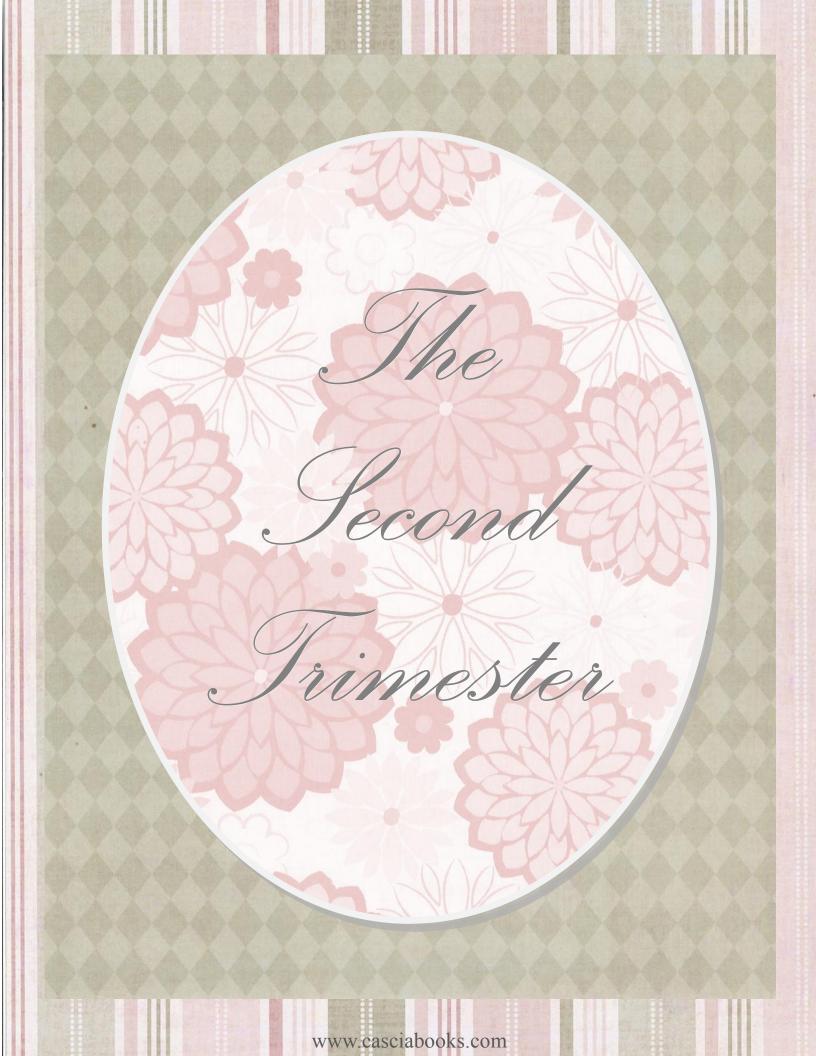
3rd Month, 1st Trimester

	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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	How I'm feeling		How I'm feeling		How I'm feeling	
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Notes on the 1st Trimester www.casciabooks.com



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	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
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<u>Snack:</u>	♦ Supplements	<u>Snack:</u>	<ul><li>♦ Supplements</li></ul>	Snack:	♦ Supplements	<u>Snack:</u>
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Week 15

1	AYA	Thursday		Friday		Saturday	R
10	61~A9		-61	and the second second			
	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:
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	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
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	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weight:
	XXX					XXX	
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	Water:	<u>Dinner:</u>	Water:	Dinner:	Water:	<u>Dinner:</u>	Water:
Contra la						A / A	
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	♦ Supplements	<u>Snack:</u>	◊ Supplements	<u>Snack:</u>	◊ Supplements	<u>Snack:</u>	◊ Supplements
	◊ Exercise	0.0.0	♦ Exercise		♦ Exercise		♦ Exercise
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Week :	16 22	ACC -	J.A.	to		1 sel
Sunday	105.	Monday	Xag	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:	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling

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Appointments:	Breakfast:	Appointments:	Breakfast:	Appointments:	Breakfast:	Appointments:
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	XXX					$\langle \cdot \rangle \langle \cdot \rangle$
Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:
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100	Lunch:	666	Lunch:		Lunch:	5.6.6
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Weight:	<u>Snack:</u>	Weight:	<u>Snack:</u>	Weig <mark>ht:</mark>	<u>Snack:</u>	Weight:
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Water:	Dinner:	Water:	Dinner:	Water:	Dinner:	Water:
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<b>UNIT</b>	5-05-Q-4	LEADER	0.0.4		10.0	<b>EEEEE</b>
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Sunday	105.	Monday	KAR	Tuesday	6-1-15	Wednesday
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<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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul> <li>Supplements</li> <li>Exercise</li> </ul>	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling

NZA	Thursday	2 3	Friday	2	Saturday	N'A N
Appointments:	Breakfast:	Appointments:	Breakfast:	Appointments:	Breakfast:	Appointments:
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Water:	Dinner:	Water:	Dinner:	Water:	Dinner:	Water:
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<b>UNIT</b>	5-05-Q-4	LEADER	0.0.4		10.0	<b>EEEEE</b>
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<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>
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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>
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<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>		
Lunch:		<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:	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>		
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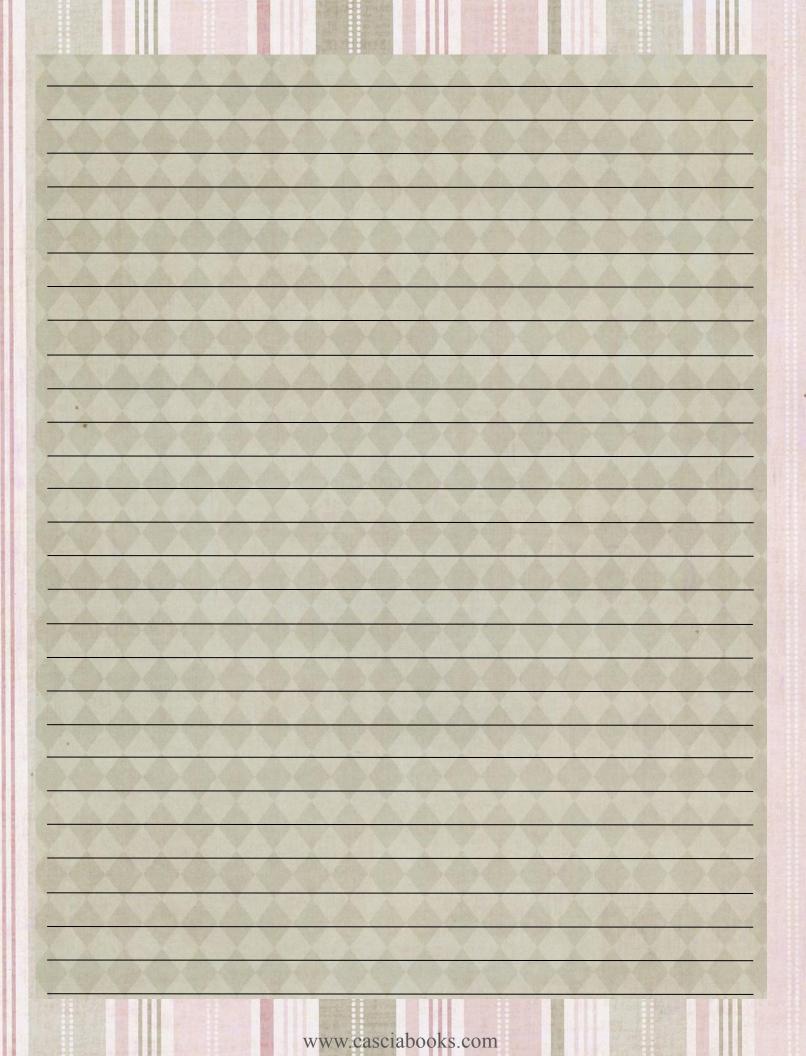
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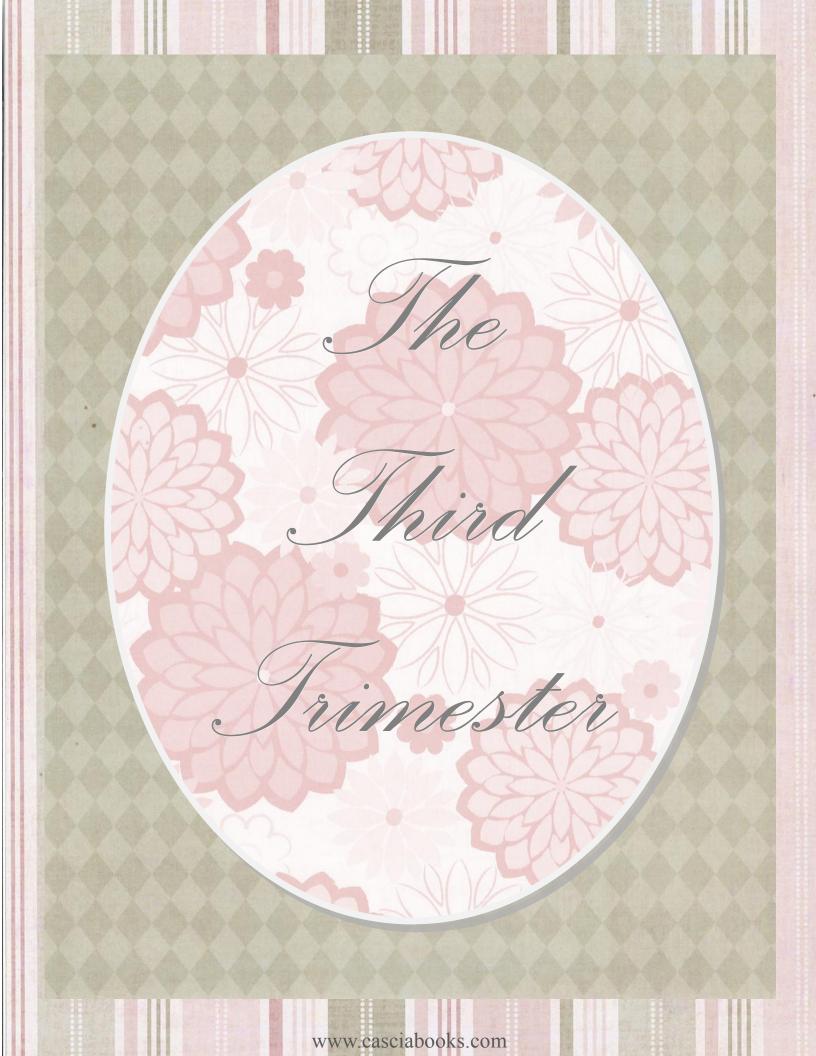
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Notes on the 2nd Trimester www.casciabooks.com



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Week 27

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<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>
<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>
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7th Month, 3rd Trimester

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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:
Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:	<u>Dinner:</u>	Water:
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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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		661

to\_

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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>
How I'm feeling		How I'm feeling		How I'm feeling		How I'm feeling
Contractions:		Contractions:		Contractions:		

to

7th Month, 3rd Trimester

$(\Sigma)$	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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>
	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>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul> <li>Supplements</li> <li>Exercise</li> </ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:	
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	
	How I'm feeling		How I'm feeling		How I'm feeling		
Contractions:	Contractions:		Contractions:		Contractions:		

Week 42

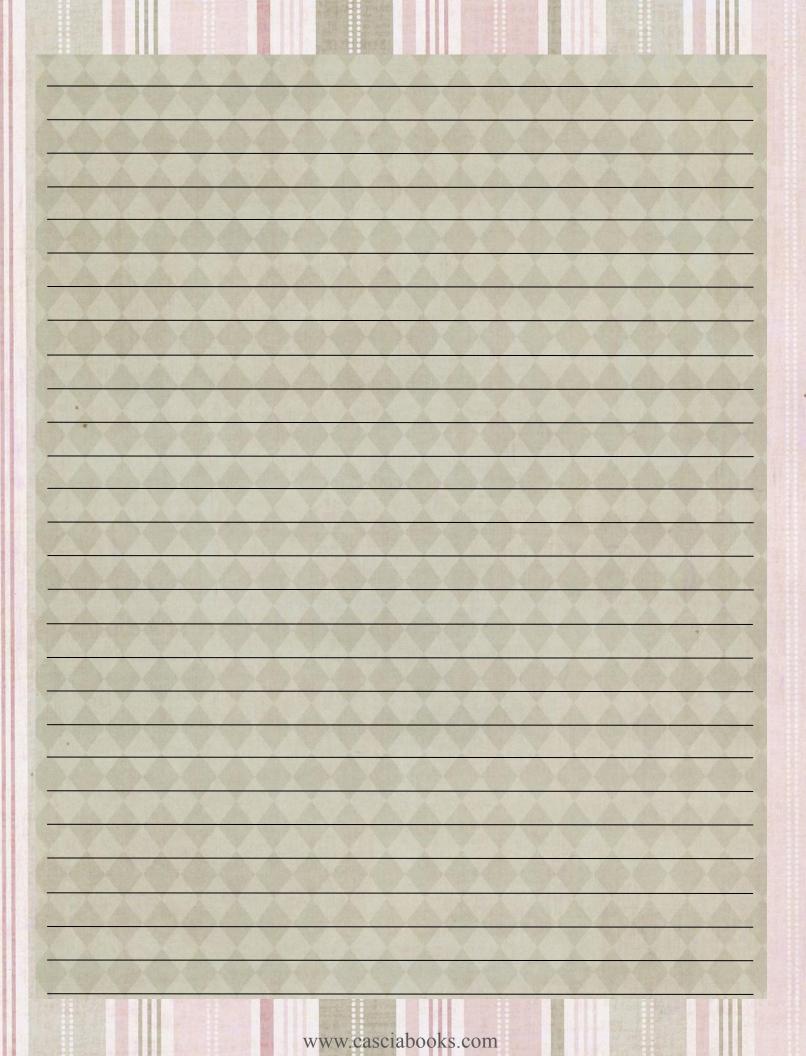


Sunday		Monday		Tuesday		Wednesday	
× Breakfast:	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	Appointments:	<u>Breakfast:</u>	
<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	Notes:	<u>Snack:</u>	
<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>		<u>Lunch:</u>	
<u>Snack:</u>	Weight:	<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>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	<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:	
<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>Supplements</li><li>Exercise</li></ul>	<u>Snack:</u>	<ul><li>◊ Supplements</li><li>◊ Exercise</li></ul>	
	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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