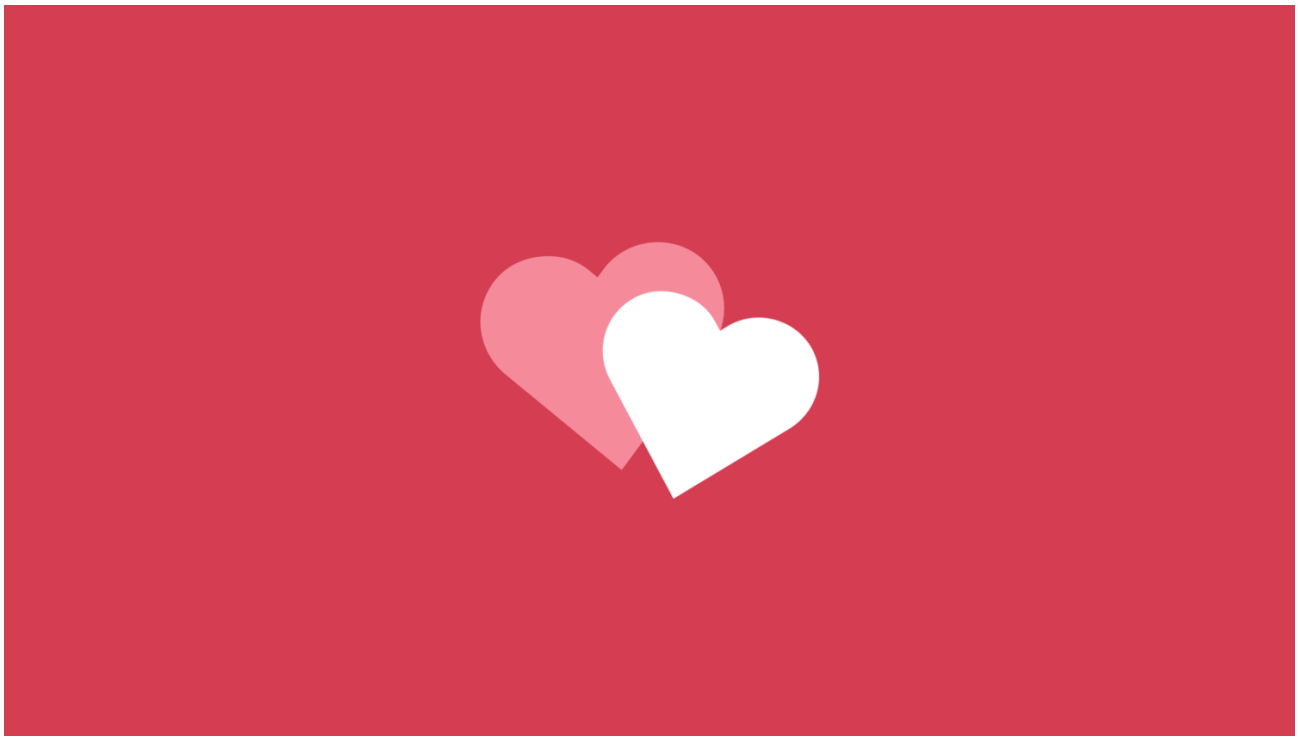
THE BABY CHICK'S FIRST TRIMESTER Checklist



- [ ] Cut down on stress.
- [ ] Get a full night's sleep.
- [ ] Participate in low-impact exercise daily.
- [ ] Introduce lots of vitamin-rich fruits and vegetables into your diet.
- [ ] Begin taking high-quality prenatal vitamin with folic acid.
- [ ] Drink more water!
- [ ] Interview maternity care provoiders.
- [ ] Schedule your first appointment with your doctor or midwife.
- [ ] Research your prenatal testing options.
- [ ] Make a list of questions for your doctor or midwife.
- [ ] Fit in naps when you can.
- [ ] Pamper yourself.

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