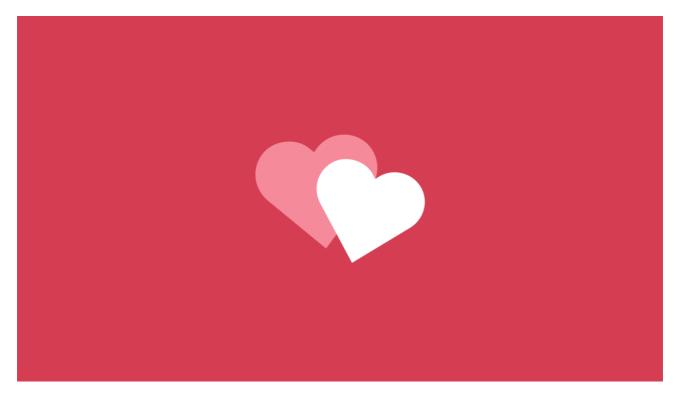
THE BABY CHICK'S FIRST TRIMESTER Checklist



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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