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GOIN' KE
On your
WAY



DUE DATE:

Moments TO REMEMBER

POSITIVE TEST ON:

HEARING BABY'S HEARTBEAT:

FIRST NOTICED BABY BUMP:

FIRST CRAVING:

FEELING BABY'S FIRST KICK:

BOY OR GIRL?

Appointments

DATE AND TIME	PLACE	QUESTIONS TO ASK/NOTES

NOTES

Appointments

DATE AND TIME	PLACE	QUESTIONS TO ASK/NOTES

NOTES

Birth PLAN

EXPECTED
DUE DATE:

TODAY'S
DATE:

BIRTHING LOCATION/ADDRESS:

People I'd like at the delivery:

DOCTOR/MIDWIFE:

Name:

Contact:

What I would like:

What I don't want:

IMPORTANT:

Notes:

Delivery DAY CHECKLIST

THE BAG:

Me:



To Do:



Baby:



to Do



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Pregnancy JOURNAL

1st *Trimester*

WEEKS 0 - 13

Week 01

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 02

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 03

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 04

DATE: _____

How I'm feeling this week:

-
-
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-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 05

DATE: _____

How I'm feeling this week:

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-
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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 06

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 07

DATE: _____

How I'm feeling this week:

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-
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-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 08

DATE: _____

How I'm feeling this week:

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-
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-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 09

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special MOMENTS

My Questions and Thoughts:

Week 10

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 11

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 12

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 13

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

2nd *Trimester*

WEEKS 14 - 27

Week 14

DATE: _____

How I'm feeling this week:

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-
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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 15

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 16

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 17

DATE: _____

How I'm feeling this week:

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-
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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 18

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 19

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 20

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 21

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 22

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 23

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 24

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 25

DATE: _____

How I'm feeling this week:

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-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 26

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 27

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

3rd *Trimester*

WEEKS 28 - 40 +

Week 28

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 29

DATE: _____

How I'm feeling this week:

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-
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-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 30

DATE: _____

How I'm feeling this week:

-
-
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-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 31

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 32

DATE: _____

How I'm feeling this week:

-
-
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-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 33

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 34

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 35

DATE: _____

How I'm feeling this week:

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-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 36

DATE: _____

How I'm feeling this week:

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THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 37

DATE: _____

How I'm feeling this week:

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-
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-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 38

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 39

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

Week 40

DATE: _____

How I'm feeling this week:

-
-
-
-
-

THE BUMP INFO:



New Experiences:

Special
MOMENTS

My Questions and Thoughts:

you have **ARRIVED!**

YOUR NAME IS:

You were born on:

Time:

Weight:

New Baby JOURNAL

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE:

CHANGE LOG:

[illegible]

FEEDING LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

[illegible]

CHANGE LOG:

[illegible]

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

DATE: _____

Baby

DAILY JOURNAL

FEEDING LOG:

Time	Type	Duration/ Volume

CHANGE LOG:

Time	Wet	Dirty

SLEEP TRACKER:

Asleep at:	Wake up at:	Duration:

Notes:

Notes

Wellness

CHECK IN

DATE: _____

I am feeling:

My body feels:

My daily Self Care goals:

I am proud of myself because:

What I love about motherhood:

I am so grateful for:

●

●

●

Breast Feeding

LOG

[illegible][illegible]

Breast Feeding

LOG

[illegible][illegible]

Breast Feeding

LOG

[illegible]

Breast Feeding

LOG

[illegible][illegible]

Pumping Tracker

[illegible][illegible]

Pumping Tracker

[illegible][illegible]

Pumping Tracker

[illegible][illegible]

Pumping Tracker

[illegible][illegible]

Baby's Growth

[illegible]

My JOURNAL

You are Beautiful x

JOURNAL

DATE: _____

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

Be Kind to Yourself x

JOURNAL

DATE: _____

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

JOURNAL

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Beautiful You x

JOURNAL

DATE: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You are Wonderful
Inside and Out x

JOURNAL

DATE: _____

[illegible]