

# Pre-pregnancy checklist

This pre-pregnancy checklist covers key areas, including health and wellness, lifestyle habits, financial planning, fertility tracking, and home preparation. By addressing these tasks early, you can optimize your chances of a healthy pregnancy and set a strong foundation for the exciting journey ahead.

## Health & wellness

- Schedule a preconception checkup with your doctor
- Start taking prenatal vitamins with folic acid
- Get a full physical exam and address any health concerns
- Ensure vaccinations are up-to-date (e.g., rubella, flu shot)
- Maintain a healthy diet with a focus on fruits, vegetables, and whole grains
- Achieve or maintain a healthy weight

## Lifestyle & habits

- Stop smoking and limit alcohol intake
- Avoid recreational drugs
- Begin an exercise routine that includes moderate activity
- Manage stress through relaxation techniques like yoga or meditation
- Review medications with your doctor to ensure they're pregnancy-safe



## Financial & work

- Review your health insurance coverage for maternity care
- Start saving for baby-related expenses
- Consider adjusting your work schedule or planning maternity leave
- Review your budget to plan for added expenses after pregnancy

## Relationship & support

- Have open discussions with your partner about parenting and pregnancy plans
- Explore support systems (friends, family, healthcare professionals) for after-pregnancy
- Discuss how you and your partner will handle changes in your routine

## Fertility & tracking

- Begin tracking your menstrual cycle
- Monitor ovulation using apps or ovulation kits
- Consider getting a fertility assessment if you have concerns about conception
- If needed, schedule a preconception consultation with a fertility specialist

## Home & environment

- Begin preparing a safe and healthy living environment
- Make sure your home is free of toxins (e.g., lead, chemicals)
- Ensure a clean and comfortable space for when the baby arrives