



Pregnancy Journal

A pregnancy journal can help you keep track of things during and after your pregnancy. You can write down your feelings, questions, goals, and what has happened so far. You also can write down how your baby is growing. A journal can help you remember and celebrate this time in your life. A paper journal is on the next page for you to use if you'd like.

Below are free apps in case you prefer to use an electronic tool to track your experiences while you are pregnant and after your baby is born.

- Baby Center Pregnancy and Baby App
- What to Expect App
- 280days: Pregnancy Diary App



Use this QR code to get the app links.

My Pregnancy Journal

Date: _____

Weeks along: _____

How I am feeling today: _____

Questions I have: _____

Reflections/Milestones: _____

