

# DIY Prenatal Checklist

What type of prenatal care you want to receive is up to you. You can do your own prenatal care at home and follow the regular schedule using the chart below. Of course, prenatal care is not mandatory, especially ultrasounds. It's important to know what to look for and what the results mean to you and your baby. However, the best way to ensure a healthy baby is to eat a healthy diet and stay active throughout your pregnancy.

Week	Date	Weight	Blood Pressure	Fundal Height	Urine Results	Baby's Heart Rate	Additional Testing
10				N/A			
14				N/A			
18				N/A			
22							Ultrasound
26							
30							
32							
34							
36							Group B Strep
38							
39							
40							
41							
42							
43							