



week
of my pregnancy

thoughts...

weekly goals...

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-

power foods for
mama & bean:

bone broth
eggs
leafy greens
avocados
protein snacks
coconut milk
fish

changes...

cravings...

?’s for my midwife

food:

	veggies	fruits	fat	protein	carbs/grains
b					
l					
d					
today:					
s m t w t f s					
total g protein:					



h2o

ounces today

supplements
am noon pm

sweeties today:

- sleep
- like a baby
 - restless
 - up all night

up @ _____
down @ _____

fitness:

- kegels (optional)
- squats
- pelvic rocks
- psoas stretch
- tailor sitting
- good posture
- relaxation/meditation
- sitting on ball



mom feels:

baby feels:

- lengthy log
- floater!
- mud-butt
- slip n slide

oh,
poo!