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Pregnancy Tracker Journal

Table of Contents:

Track your weight during pregnancy	1
Track heartburn, nausea, and constipation symptoms	6
Take a prenatal vitamin each day	9
Create a new healthy habit	12

Track your weight during pregnancy

Use this tracker to keep a record of your weekly weight gain. Bring this tracker to your health care appointment. It will help you talk to your health care provider about healthy weight gain. Write down questions you have for your health care provider during the time between your appointments.

Start tracking at the week of pregnancy you are at currently. Don't worry about previous weeks. Use the weight you are now for your starting weight. You can print multiple copies of the tracker pages if you need to track more weeks than what is provided.

Starting Weight: _____ **Due Date:** _____

Each week, take a moment to answer these questions:

1. What healthy food choices did I make this week?
2. What kind of physical activity did I do this week?
3. What cravings did I have this week?
4. What would I like to do differently next week? And, how will I do it?

Week	Weight	Change from last week	Answers to weekly questions
<p>Example:</p> <p>10</p>	<p>Example:</p> <p>167</p>	<p>Example:</p> <p>2 lbs</p>	<p>Example:</p> <ol style="list-style-type: none"> 1. <i>Ate veggies every day, drank at least 8 cups of water each day</i> 2. <i>Walked in the park with a friend</i> 3. <i>Ice cream - but I only had a small amount</i> 4. <i>Stick to my meal plan, make sure I have the planned foods in my house. Bring a water bottle with me when I leave the house</i>

Week	Weight	Change from last week	Answers to weekly questions

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Track heartburn, nausea, and constipation symptoms

Always speak with your health care provider about nausea, vomiting, heartburn, constipation, or other concerns. The tips below are provided for helpful advice only. They are not meant to take the place of professional medical recommendations.

Pregnancy affects each person differently. The tips below may help you relieve mild nausea, heartburn, or constipation during your pregnancy. Use the tracker below to help you discover which tips help most!

Tips to relieve morning sickness (mild nausea)

- Try drinking liquids between meals (instead of with solid foods).
- Eat smaller meals (and eat them more frequently).
- Try to find foods in each food group that don't make you feel sick.
- Smell lemons.
- Avoid foods and odors that make you feel sick.
- After sitting or lying down, get up slowly.
- Drink plenty of liquids.
- Try to get some fresh air.

Tips to relieve heartburn

- Take your time eating. Don't rush!
- Eat smaller meals (and eat them more frequently).
- Don't eat too late. Wait 2-3 hours after eating before going to sleep or lying down.
- Try sleeping in a semi-sitting position.
- Avoid tight clothing.
- Avoid foods that cause you heartburn. This might be spicy foods, fatty/fried foods, caffeine, or soda.
- Try drinking liquids between (not during) meals.

Tips to relieve constipation

- Drink plenty of fluids (at least 8-12 cups of water each day).
- Eat foods that are high in fiber. This includes fruits, vegetables, beans and whole grains.
- Ask your healthcare provider about physical activity. Staying active is one way to help prevent constipation.

(Tracker pages start on next page)

My Symptom Tracker

Are your symptoms always the same? What seems to cause them? What seems to help them go away? Fill in the tracker below to see if there is a pattern to your morning sickness, heartburn, or constipation. You can also track which tips seem to help the most to give you relief.

Date	Time Symptoms Began	Time Symptoms Ended	Symptoms?	Causes?	What tips did I try to get relief?	Did this tip help?
Example: 4/18	7pm	8pm	<i>Burning feeling in my chest</i>	<i>Spicy sauce at dinner?</i>	<i>Changed to looser clothes</i>	<i>Kind of!</i>
Example: 4/21	2:20pm	4:45pm	<i>Queasy, but I never threw up</i>	<i>Bad smells at work</i>	<i>Tried having smaller meals more often</i>	<i>A little!</i>
Example: 4/23-4/26	Morning	Evening	<i>Constipated</i>	<i>Not enough fiber?</i>	<i>Ate more fruit and drank water</i>	<i>After a while!</i>

Take a prenatal vitamin each day

Make a plan to take your prenatal vitamin each day. Use a tracker to record when you take your prenatal vitamin. Trackers help you to see patterns in your habits. This will help you see what is working, what is not working, and why.

STEP 1: Choose a time of day that will be easiest for taking the prenatal vitamin.

Take at the same time as another habit you already have (ie. eating breakfast, brushing teeth, going to bed.)

STEP 2: Try some of these tips to help you remember to take your prenatal vitamin.

- Keep your prenatal vitamins in a visible place (but away from young children) so you see them each day. For example, near your car keys, or on a kitchen counter.
- Keep a few in your purse in case you forget to take them before you leave the house.
- Set an alarm on your phone.
- Write a reminder on your calendar.
- Post a sticky note reminder in your bathroom.

STEP 3: Track your vitamin-taking habit.

- Use the chart below to track each day you take your prenatal vitamin.
- Add the month to the top.
- For every day you take your vitamin, mark it down with a '✓' check mark.
- If you forget to take it, mark with an ✕.
- Keep this tracker next to your prenatal vitamins.

STEP 4:

Look at the chain of '✓' check marks you have. See how long of a chain of check marks you can get. Work to not break that chain. Focus on one day at a time and small wins (how long you can make your chain.)

If you break the chain after a set number of days, that becomes your longest streak. Set your next goal to beat that streak.

Day	Month: <i>Example: May</i>	Month:	Month:	Month:	Month:	Month:
1	✓					
2	✓					
3	✓					
4	✓					
5	✓					

(Tracker pages start on next page)

Day	Month:	Month:	Month:	Month:
1				
2				
3				
4				
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Day	Month:	Month:	Month:	Month:
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Create a new healthy habit

Make a plan to start a new habit to keep you and your baby healthy during your pregnancy (and beyond)! This lesson has provided many ways you can make healthy choices. Choose one of the following or pick one of your own! Then use the tracker and journal prompts to help you turn it into a habit.

STEP 1: Choose

- Eat 5 cups of fruits and vegetables a day.
- Stop smoking or vaping.
- Eat beans or peas at least once per day.
- Drink or eat 3 cups of yogurt, milk or soy milk each day.
- Avoid drinking alcohol or seek help to quit.
- Avoid secondhand smoke.
- Drink plenty of water (8-12 cups each day).
- Other: _____

STEP 2: Plan

Think about the goal you have set from the list above. Then, ask yourself:

- Why is this important to me?
- How will this help me?
- How will this help my baby?
- What might get in my way from reaching my goal each day?
- What can I do if something gets in my way?
- Who will help support me in my goal?
- How will I know if I am successful each day?
- How will I know if I am successful overall?

STEP 3: Start & track daily

Use the tracker below or create one like it on your own. Keep it simple with checkmarks and quick notes. Or, get creative with indicators for how successful you are. Look on the Internet for ideas. Try searching for “bullet journal ideas for pregnancy.”

STEP 4: Reflect weekly

An important step in turning a goal into a habit is reflecting on what is working and not working. Then, adjust your plan as needed. Don't be afraid to change it up. Trying to force what is not working will not help you achieve your goal.

(Blank tracker pages start on next page)

Goal: _____

Month: _____ Week: _____

Day	Was I Successful? (Yes, No, Kind of)	Daily Notes:
1		
2		
3		
4		
5		
6		
7		

Weekly Reflection:

1. On a scale of 1 - 5, how successful were you in meeting your goal this week?

1	2	3	4	5
Not successful				Successful

2. What were your most successful moments?

3. What were your challenges?

4. Think ahead. What could be your biggest challenge this coming week?

5. How can you prepare for that challenge?

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Month: _____ **Week:** _____

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7		

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Month: _____ Week: _____

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7		

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5. How can you prepare for that challenge?