

Understanding Your Pregnancy

How to use this chart

- Find the date of the first day of your last menstrual period (LMP).
- Follow that line from left to right across the chart to learn the dates that are especially important in your pregnancy.
- If you do not find the first day of your last menstrual period, look for the date nearest to it.

For example, if the beginning of your last menstrual period was May 9, then add 2 days to each date shown on the May 7 line of the chart to determine your important dates.
- Write all of your important dates in the space at the bottom of the chart.
- During your pregnancy, take care of yourself:
 - Go to all prenatal visits.
 - Take prenatal vitamins.
 - Eat healthy foods.
 - Don't drink alcohol.
 - Don't smoke or chew tobacco.
 - Don't be around people who are smoking.
 - Ask your healthcare professional before taking any drug.
 - Mention you are pregnant before having an X-ray.
 - Don't handle used cat litter.

If your last menstrual period (LMP) started on:

Conception probably happened around:

All major organs are forming. Your greatest risk for birth defects from:

Your risk of miscarriage decreases after 12 weeks:

A premature baby's chances of survival begin to improve after:

Your estimated due date (EDD) is:

Jan 1 Jan 8 Jan 15 Jan 22 Jan 29	Jan 15 Jan 22 Jan 29 Feb 5 Feb 12	Feb 5 — Mar 12 Feb 12 — Mar 19 Feb 19 — Mar 26 Feb 26 — Apr 2 Mar 5 — Apr 9	Mar 26 Apr 2 Apr 9 Apr 16 Apr 23	Jun 11 Jun 18 Jun 25 Jul 2 Jul 9	Oct 8 Oct 15 Oct 22 Oct 29 Nov 5
Feb 5 Feb 12 Feb 19 Feb 26	Feb 19 Feb 26 Mar 5 Mar 12	Mar 12 — Apr 16 Mar 19 — Apr 23 Mar 26 — Apr 30 Apr 2 — May 7	Apr 30 May 7 May 14 May 21	Jul 16 Jul 23 Jul 30 Aug 6	Nov 12 Nov 19 Nov 26 Dec 3
Mar 5 Mar 12 Mar 19 Mar 26	Mar 19 Mar 26 Apr 2 Apr 9	Apr 9 — May 14 Apr 16 — May 21 Apr 23 — May 28 Apr 30 — Jun 4	May 28 Jun 4 Jun 11 Jun 18	Aug 13 Aug 20 Aug 27 Sep 3	Dec 10 Dec 17 Dec 24 Dec 31
Apr 2 Apr 9 Apr 16 Apr 23 Apr 30	Apr 16 Apr 23 Apr 30 May 7 May 14	May 7 — Jun 11 May 14 — Jun 18 May 21 — Jun 25 May 28 — Jul 2 Jun 4 — Jul 9	Jun 25 Jul 2 Jul 9 Jul 16 Jul 23	Sep 10 Sep 17 Sep 24 Oct 1 Oct 8	Jan 7 Jan 14 Jan 21 Jan 28 Feb 4
May 7 May 14 May 21 May 28	May 21 May 28 Jun 4 Jun 11	Jun 11 — Jul 16 Jun 18 — Jul 23 Jun 25 — Jul 30 Jul 2 — Aug 6	Jul 30 Aug 6 Aug 13 Aug 20	Oct 15 Oct 22 Oct 29 Nov 5	Feb 11 Feb 18 Feb 25 Mar 4
Jun 4 Jun 11 Jun 18 Jun 25	Jun 18 Jun 25 Jul 2 Jul 9	Jul 9 — Aug 13 Jul 16 — Aug 20 Jul 23 — Aug 27 Jul 30 — Sep 3	Aug 27 Sep 3 Sep 10 Sep 17	Nov 12 Nov 19 Nov 26 Dec 3	Mar 11 Mar 18 Mar 25 Apr 1
Jul 2 Jul 9 Jul 16 Jul 23 Jul 30	Jul 16 Jul 23 Jul 30 Aug 6 Aug 13	Aug 6 — Sep 10 Aug 13 — Sep 17 Aug 20 — Sep 24 Aug 27 — Oct 1 Sep 3 — Oct 8	Sep 24 Oct 1 Oct 8 Oct 15 Oct 22	Dec 10 Dec 17 Dec 24 Dec 31 Jan 7	Apr 8 Apr 15 Apr 22 Apr 29 May 6
Aug 6 Aug 13 Aug 20 Aug 27	Aug 20 Aug 27 Sep 3 Sep 10	Sep 10 — Oct 15 Sep 17 — Oct 22 Sep 24 — Oct 29 Oct 1 — Nov 5	Oct 29 Nov 5 Nov 12 Nov 19	Jan 14 Jan 21 Jan 28 Feb 4	May 13 May 20 May 27 Jun 3
Sep 3 Sep 10 Sep 17 Sep 24	Sep 17 Sep 24 Oct 1 Oct 8	Oct 8 — Nov 12 Oct 15 — Nov 19 Oct 22 — Nov 26 Oct 29 — Dec 3	Nov 26 Dec 3 Dec 10 Dec 17	Feb 11 Feb 18 Feb 25 Mar 4	Jun 10 Jun 17 Jun 24 Jul 1
Oct 1 Oct 8 Oct 15 Oct 22 Oct 29	Oct 15 Oct 22 Oct 29 Nov 5 Nov 12	Nov 5 — Dec 10 Nov 12 — Dec 17 Nov 19 — Dec 24 Nov 26 — Dec 31 Dec 3 — Jan 7	Dec 24 Dec 31 Jan 7 Jan 14 Jan 21	Mar 11 Mar 18 Mar 25 Apr 1 Apr 8	Jul 8 Jul 15 Jul 22 Jul 29 Aug 5
Nov 5 Nov 12 Nov 19 Nov 26	Nov 19 Nov 26 Dec 3 Dec 10	Dec 10 — Jan 14 Dec 17 — Jan 21 Dec 24 — Jan 28 Dec 31 — Feb 4	Jan 28 Feb 4 Feb 11 Feb 18	Apr 15 Apr 22 Apr 29 May 6	Aug 12 Aug 19 Aug 26 Sep 2
Dec 3 Dec 10 Dec 17 Dec 24	Dec 17 Dec 24 Dec 31 Jan 7	Jan 7 — Feb 11 Jan 14 — Feb 18 Jan 21 — Feb 25 Jan 28 — Mar 4	Feb 25 Mar 4 Mar 11 Mar 18	May 13 May 20 May 27 Jun 3	Sep 9 Sep 16 Sep 23 Sep 30

Your important dates:

The best way to take care of your unborn baby is to take care of yourself.