

# Pregnancy Checklist

*Congratulations! Being pregnant can be an anxious time for new mothers, but it doesn't have to be. The following are a few tips about how to take care of yourself during the next nine months to ensure better health for you and your baby.*

- Weight Gain*
  - Normal weight gain is 18-27 pounds*
  - 1<sup>st</sup> trimester: 1-5 lbs.*
  - 2<sup>nd</sup> trimester: ½ - ¾ lb. per week*
  - 3<sup>rd</sup> trimester: ¾ - 1 lb. per week*
  
- Calories*
  - 1800 a day*
  
- Exercise*
  - Walk no matter what for a minimum of 45 minutes a day, 5 days a week*
  
- Nutrition*
  - Folic Acid*
  - Calcium*
  - Vitamin C*
  - Protein*
  - Keratin*
  - Vitamin A*