



The “Firsts” for Mommy

- The First Pregnancy Symptom _____
- The First Bout of Morning Sickness _____
- The First We Told The News _____
- The First Craving _____
- The First Body Change _____
- The First Doctor Appointment _____
- The First Ultrasound _____
- The First Time You Saw Your Childs Profile _____
- The First Kick _____
- The First Maternity Item You Purchased _____
- The First Piece of Nursery Furniture You Purchased _____
- The First Nesting Syndrome _____
- The First Gift Purchased For Your Baby _____
- The First Contraction _____



Dates for Mommy to Remember

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- Date of the Positive Pregnancy Test _____
- Date the Doctor Confirmed Your Pregnancy _____
- Date You Were Expected to Give Birth _____
- Date you Registered for Your Baby Shower _____
Where You Registered _____
- Date of Your Baby Shower _____
Location of the Baby Shower _____
Person(s) Who Hosted the Baby Shower _____
- Date Your Child Was Born _____



Mommies Measurements

Weight

Pre-Pregnancy _____

Day of Childbirth _____

One Month After Birth _____

Pre-Pregnancy

Day of Childbirth

One Month After Birth

Thighs _____

Hips _____

Bottom _____

Breasts _____

Shoe Size _____