

## Monthly Template Pregnancy Journal

This User's Guide is intended to support the design, implementation, analysis, interpretation, and quality evaluation of registries created to increase understanding of patient outcomes. For the purposes of this guide, a patient registry is an organized system that uses observational study methods to collect uniform data (clinical and other) to evaluate specified outcomes for a population defined by a particular disease, condition, or exposure, and that serves one or more predetermined scientific, clinical, or policy purposes. A registry database is a file (or files) derived from the registry. Although registries can serve many purposes, this guide focuses on registries created for one or more of the following purposes: to describe the natural history of disease, to determine clinical effectiveness or cost-effectiveness of health care products and services, to measure or monitor safety and harm, and/or to measure quality of care. Registries are classified according to how their populations are defined. For example, product registries include patients who have been exposed to biopharmaceutical products or medical devices. Health services registries consist of patients who have had a common procedure, clinical encounter, or hospitalization. Disease or condition registries are defined by patients having the same diagnosis, such as cystic fibrosis or heart failure. The User's Guide was created by researchers affiliated with AHRQ's Effective Health Care Program, particularly those who participated in AHRQ's DEClIDE (Developing Evidence to Inform Decisions About Effectiveness) program. Chapters were subject to multiple internal and external independent reviews.

? Pregnancy is so special. ? Every kick reminds an expecting mother of the miracle within her. ? Treasure the beautiful memories of your pregnancy with our Pregnancy Diary & Memory Book for First Time Moms. Express your love for baby-to-be by journaling your thoughts, writing your personal hopes and dreams, and by scrapbooking sonogram or belly bump photos in this memory book. Your family will enjoy looking back on your musings and reminisce about the beauty of your pregnancy for years to come. The workbook is packed with useful worksheets to help first time parents organize and prepare for baby's arrival. Discuss potential baby names, birthing plans, and nursery decor with your spouse. Record ideas in the professionally designed pregnancy planner templates. Worksheets Include: Announcement Memories Birth Plan Ideas Prenatal Appointment Tracker Shopping List Maternal Weight Record Belly Bump, Sonogram or Ultrasound, & Baby Shower Scrapbook Pages Baby Shower Gift Tracker Nursery Planner Baby Name Ideas Hospital Checklist Fetal Movement Tracker 40 Weekly Diary & Letters to Baby Templates Week-by-Week Baby Growth Reminders to Help You Visualize How Big Baby is Getting Your body is creating life. It's a miracle worth remembering! Build your own unique pregnancy keepsake. Preserve special memories that you can share with family, friends, and especially with your grown children one day. Purchase a copy for yourself or as the perfect pregnancy gift for a first time mom. Hurry while supplies last! ? Get yours today! ?

Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. Depression in Parents, Parenting, and Children highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

Write (and remember) your first-time mommyhood story The first person you told. The first weird craving you had. The first time you saw your baby. Becoming a mom is filled with firsts that you're going to want to remember--and with this journal, you'll chronicle every meaningful milestone and memory of your pregnancy. The First-Time Mom's Pregnancy Journal is your trimester-by-trimester guide to capture everything from finding out you were pregnant to holding your newborn. With writing prompts, checklists, activities and more, this book is a fun and easy way for every new mama to create a lifelong keepsake of the joys of pregnancy and motherhood. The First-Time Mom's Pregnancy Journal includes: First-time mom firsts--Remember the special moments of every month with questions to guide your journaling. Plus, space for freestyle entries allows you to create your very own pregnancy journal prompts. Handy guidance--Keep track of your prenatal appointments and stay organized with trimester checklists--this pregnancy journal has you covered with all of the essential to-dos to get ready for baby. Fun activities--Daydream about the nursery, brainstorm baby names, scrapbook sonograms, and so much more. You only experience your first once--capture every moment with The First-Time Mom's Pregnancy Journal.

We present to our readers the proceedings of the Second International Workshop on Phosphate. A short account of the history of the effort led to the Phosphate Workshops is appropriate and can be of interest to the reader. The idea for Phosphate Workshops was born in the early days of November, 1974. One of us (S. G. M. ) suggested the thought to a group of scientists gathered for a luncheon in one of the attractive small restaurants in Weisbaden, Germany. The purpose of the workshop was to bring together interested scientists to discuss the newer developments and the recent advances in the field of phosphate metabolism and the other related minerals. An Organizing Committee made of Shaul G. Massry (USA), Louis V. Avioli (USA), Philippe Bordier (France), Herbert Fleisch (Switzerland), and Eduardo Slatopolsky (USA) was formed. The First Workshop was held in Paris during June 5-6, 1975 and was hosted by Dr. Philippe Bordier. Its proceeding was already published. The Second Workshop took place in Heidelberg during June 28-30, 1976 and was hosted by Dr. Eberhard Ritz. Both of these workshops were extremely successful scientific endeavors, and the need for them was demonstrated by the great interest they generated among the scientific community. The Organizing Committee, therefore, decided to continue with the tradition to hold additional Workshops annually or every other year.

'A virtuoso feat ... a book of panoramic breadth' New York Times Book Review 'A devastating analysis ... Wright is a master of knitting together complex narratives' The Observer Just as Lawrence Wright's The Looming Tower became the defining account of our century's first devastating event, 9/11, so The Plague Year will become the defining account of the second. The story starts with the initial moments of Covid's appearance in Wuhan and ends with Joseph Biden's inauguration in an America ravaged by well over 400,000 deaths - a mortality already some ten times worse than US combat deaths in the entire Vietnam War. This is an anguished, furious memorial to a year in which all of America's great strengths - its scientific knowledge, its great civic and intellectual institutions, its spirit of voluntarism and community - were brought low, not by a terrifying new illness alone, but by political incompetence and cynicism on a scale for which there has been no precedent. With insight, sympathy, clarity and rage, The Plague Year allows the reader to see the unfolding of this great tragedy, talking with individuals on the front line, bringing together many moving and surprising stories and painting a devastating picture of a country literally and fatally misled. 'Maddening and sobering - as comprehensive an account of the first year of the pandemic as we've yet seen' Kirkus

A beautiful way to remember your pregnancy and baby's first year. Early symptoms, odd cravings, labor and birth, footprints, and beyond--document all the major milestones of your pregnancy and baby's first year. This sweetly illustrated pregnancy journal has plenty of space for mom to journal and jot down delightful details. There are so many wonderful memories being made and From Belly to Baby helps you record them with thoughtful writing prompts, ample room to write, and even inspirational motherhood quotes, and all in a fun and celebratory package worthy of your little gift. From Belly to Baby includes: What to expect--Find insights about your baby's development, as well as a list of common things most moms go through at each stage of pregnancy. Helpful templates--Even if you're suffering from "pregnancy brain" now, remember the important details--from first trimester highlights to a list of "firsts and favorites." Wonderful keepsake--This charmingly illustrated journal is the perfect way to record your treasured memories for your future child. Rejoice in the memories of your pregnancy and baby's first year--and remember them always--with From Belly to Baby.

Ask any mother and she will tell you there are just not enough hours in the day. By the time she has fed, clothed, and bathed the children, read Curious George for the 100th time, cut the crusts off the PB&J sandwiches, and removed the ground-in dirt from the play clothes, she does not have time to create a detailed scrapbook of each of her children's lives. It's no wonder that so many elaborate baby books remain incomplete, their pristine pages adding to the guilt and inadequacy that many moms already feel. That is why The Mommy Journal is so perfect for today's moms. It offers a quick and guilt-free way to record the special moments of childhood. Space for each entry is only about three inches long and undated, so there is no pressure to write lengthy narratives or to journal every day. In less than five minutes, mothers can quickly jot down the moments they want to remember forever. Plus, unlike traditional baby books, The Mommy Journal lets mothers record memories of all their children in one place. Charming illustrations of toys, hearts, and animals grace each page. Every few pages contain a bit of parenting wisdom such as, "The best thing you can give children next to good habits are good memories." Instructions for fun activities moms can do with their children, such as make edible finger paint from instant pudding, are included as well. The Mommy Journal will become a treasured keepsake, both for the mom who creates it and for the child who receives this precious record of childhood.

The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early foetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region. Atlanta magazine's editorial mission is to engage our community through provocative writing, authoritative reporting, and superlative design that illuminate the people, the issues, the trends, and the events that define our city. The magazine informs, challenges, and entertains our readers each month while helping them make intelligent choices, not only about what they do and where they go, but what they think about matters of importance to the community and the region.

Being a great first-time dad doesn't mean being perfect. It means having the tools you need to be a supportive partner during and after pregnancy--which is exactly what We're Pregnant! The First-Time Dad's Pregnancy Handbook is all about. From heartburn and headaches to birth and breastfeeding, We're Pregnant! features practical, action-oriented pregnancy advice from the author of the Dad or Alive blog, Adrian Kulp, a (once clueless) dad who's been there and done that--three times, in fact!

Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author of the popular baby book As You Grow, is designed with a timeless look and archival paper so that you can one day pass it along to your child. Growing You includes: • Space to journal your feelings and experiences about pregnancy and your birth story • A section to document your prenatal appointments and growth • Writing prompts to record precious milestones such as baby showers and prepping your nursery • Pages to document your baby's birth day • Pocket folder for sonogram photos, letters from loved ones, and other mementos • And more! Special Features: • Chic, gender-neutral design • Elegant linen cover • Acid-free and archival paper • Generous trim size offers ample space for photos • Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book

From soulful self-reflection to boisterous jubilation, harness the changing energies of the moon and start living the life you've always wanted. This journal will show you how. A beautiful hardback, complete with a pearlescent foil finish and ribbon marker, offering daily, weekly and monthly astrological guidance, affirmations, rituals and journal exercises alongside space to record your journey of self-discovery. Adapt your lifestyle to the phases of the moon and align yourself with the universe to live your life to the full every day.

The Mood Journal is designed to help you trace and monitor your feelings -- and if you stick to it and use it correctly, you can begin to get around your own defenses. This may not feel good at first, but the benefit is that after a few weeks you become more aware of your feelings and the things that upset you -- one of the first steps in overcoming depression. -Product Measures: 6" x 9"(15.24x 22.86 cm) -Cover: Durable Matte Paperback. Binding: Professional grade binding (Paper back retail standard) -100 pages of dense white paper to reduces ink bleed-through This will make the perfect gift for friends and families Get Your Copy Today!

An illustrated and guided journal for children.

Record and treasure every moment of your baby's first year with Annabel Karmel From your baby's first words and steps to their favourite bath-time toy, keep a record of that first important year, month-by-month, in this book you will treasure. Cook up delicious recipes for baby's first tastes through to their first birthday cake from the UK's No.1 baby and child nutritionist, Annabel Karmel. There are places to record special events, achievements and your baby's likes and dislikes, plus a special pocket for photographs, scans or precious mementos. A padded cover with soft corners, and a beautiful ribbon so you can mark your place, makes this a perfect gift for mum, dad or baby.

Map out your family tree, list ideas for baby names, and write down thoughts on your baby's arrival- with this keepsake journal you'll start recording memories before the birth and continue right through to your baby's first birthday. Ensure no special moments are forgotten, thanks to handy prompts as well as plenty of space, so new parents can write down thoughts about everything your baby is learning, as well as all the new experiences, such as feeding and sleeping patterns and baby's favourite bathtime toy. You'll also record developmental milestones and those all-important "firsts", from your first night at home together to baby's first steps. There is also space to note down information about the world your little one was born into, such as the

name of the prime minister, popular music, and prices of stamps and milk. A month-by-month section allows you to keep track of your baby's constant achievements and changing behaviour and also includes advice from Annabel Karmel on your baby's development and handy tips to encourage it. First tastes, first meals, and finger foods pages enable you to record your baby's favourite flavours and recipes, and note his or her likes and dislikes as you introduce new foods. Pockets and spaces for photographs are included throughout to ensure every landmark is chronicled. This book will become a wonderful and unique memento of the first year of your child's life, to look back on and share with your child over the years.

Pregnancy Journal - Maternity Keepsake Notebook - Trimester Tracker - Milestones, Checklists, Organizers - Sweary, Funny Gift Make Sure to Buy A Copy Today! This Makes the Perfect Gift for Your Friend or Family Who Loves Journals with Sweary Covers. \*Note - only the cover of this book is sweary. The interior is not sweary. This Pregnancy Planner has everything you need to be able to track your pregnancy for 40 Weeks. This Pregnancy Checklist Book Includes: A Page to Record Memories of How You Found Out that You're Expecting A Birth Plan Template Pregnancy Tracker Baby Shopping List Ideas Prenatal Visit Tracker Weight Tracker Ideas of Healthy Foods to Help You Eat Healthy During Your Pregnancy Prenatal Visit Trackers First, Second, and Third Trimester Memory Pages First, Second and Third Trimester Baby Bump Photo Pages Weekly Pregnancy Journal Pages (from Weeks 4 through 40) Weekly Pregnancy "Dear Baby" Journaling Pages to Write Letters to Your Baby (from Weeks 4 through 40) Baby Name Ideas Page Baby Shower Planning Page Baby Shower Gift Tracker Hospital Packing List Baby Shopping List Nursery Planner Fetal Movement Trackers Weekly Meal Planning Pages (from Weeks 4 through 40) Ultrasound Tracking Sheets (at Week 12 and Week 20) This Journal is Undated and Is Sized Perfectly at 8x10 Inches. Don't Wait! Buy Your Pregnancy Planner Today!

Each page is specifically designed to help keep track of the most important information your pediatrician needs! Includes 6 months of daily activity tracking, sections for birth history, medical history, immunization schedule, allergies, emergency contacts, developmental milestones, growth charts, and more! An intuitive template chart helps you keep track of when your baby eats, pees, poops, breastfeeds, sleeps, cries, and more! Includes bonus 1 month - 12-month portrait milestone cards for your child's first year Wire bound notebook with high quality color printing Divided into five convenient sections, a pregnancy organizer helps the busy mother-to-be prepare for baby's arrival from the beginning through labor and delivery, with diet checklists forms to track medical expenses, family medical history pages, and shopping lists. Original.

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs' preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

A comprehensive exercise plan with over 75 unique exercises and combinations for pregnancy and the 9 month postnatal period. Flexible, safe, effective and easy to follow, the 3-Plan will have you looking fantastic in just 3 hours a week! The only book you need from the first days of your pregnancy to slipping back into your pre-pregnancy wardrobe.... In April 2013 the 3-Plan was book of the month in Prima Baby and well reviewed in the Midwives journal. Get your body strong and healthy for a smooth labour and delivery, discover the secrets of the celebrities, running advice, tummy flatteners and pelvic floor exercises, cardio ideas, back stretches and warm up guide, diet and calorie guidelines, exercise instructions, photos and journal template, real women. Your all encompassing pregnancy and postnatal fitness and health guide - this is the book you have been waiting for!

This report provides a picture of where we stand and what we have learned so far about maternity and paternity rights across the world. It offers a rich international comparative analysis of law and practice relating to maternity protection at work in 185 countries and territories, comprising leave, cash benefits, employment protection and non-discrimination, health protection, breastfeeding arrangements at work and childcare. Expanding on previous editions, it is based on an extensive set of new legal and statistical indicators, including coverage in law and in practice of paid maternity leave as well as statutory provision of paternity and parental leave and their evolution over the last 20 years. The report also takes account of the recent economic crisis and austerity measures. It shows how well national laws and practice conform to the ILO Maternity Protection Convention, 2000 (No. 183), its accompanying Recommendation (No. 191) and the Workers with Family Responsibilities Convention, 1981 (No. 156), and offers guidance on policy design and implementation. This report shows that a majority of countries have established legislation to protect and support maternity and paternity at work, even if those provisions do not always meet the ILO standards. One of the persistent challenges is the effective implementation of legislation, to ensure that all workers are able to benefit from these essential labour rights.

Baby & Me Pregnancy Planner This book is an excellent way to record and explore your personalized journey throughout your entire pregnancy so you can accurately track changes and create a wonderful keepsake journal. Reflective spaces scattered throughout so you can record your journey and remember every special moment. Includes information on each lunar month with precise details on what to expect on each specific day of your pregnancy journey. It describes baby's development, important things to keep in mind, ways for mom to stay healthy at each stage, and so much more. Features a new sleek concealed spine. Baby and Pregnancy To Do List, Before Baby Arrives, Expecting Baby, Week by Week, Pregnancy Organizer, First Time

Moms, Daily Planner; Wildflowers and Dragonflies Templates Include Cover Page Copyright Page Belongs to Page A Letter to Baby Page Pregnancy Planning Pages Appointment Pages Healthy Eating Pages Packing List Pages Preparing for Baby Pages Name Planning Pages Baby Budgeting Pages Nursery Planning Pages and Lists Baby Shower Planning Pages Pregnancy Symptoms Tracking Pages Pregnancy Memory Pages Trimester Tracking Pages Baby Milestone Tracking once baby has arrived Blank Journal Pages in Various layouts Budding dreams. Hopeful hearts. Growing anticipation for the life of your little one. Capture all of your thoughts and feelings in this elegant pregnancy journal. Waiting for You offers reflective prompts that invite you to record milestones and memories--from hearing heartbeats and creating birth plans to choosing nicknames and noticing food cravings. With a classic, genderneutral design and sweet quotes throughout, Waiting for You is a special place to hold on to beautiful moments forever. Features a hardcover with ribbon marker and bellyband.

A 9-month journal by Amy K. 96 two-color pages w/concealed wire-o binding.

"Adoption is not the call to have the perfect rosy family. It is the call to give love, mercy, and patience." This adoption baby journal notebook is created to capture and record every moment of your beloved adopted children. It is packed with all features from the page to write the family tree, the page to write in the history of a child, space for family photos, behaviour, growing up photo checklist, physical records from the child was born, year in review and many more! If you are looking for fully featured adoption book for your new baby or if you happen to know any new parents, this adoption books for adoptive parents is the best gift idea as a unique and meaningful present during their first day of having a new adopted baby or toddler. Book features: Family Tee Layout Birthday Layouts Baby Milestones Our Journey Love Letters from Mommy & Daddy Forever Family Page Photo layouts 8.5 x 11 size ~ handy size for daily commute 100 pages packed with interesting and fun ready-made layout for you to fill in Paperback with Glossy Stunning Cover

This beautiful guided journal chronicles the first year of your baby's life in the unforgettable world of Anne Geddes. Add photos, record family history, favorite moments, and milestones to pass down to future generations as you recant the story of your child's introduction to the world. As one of the world's most respected photographers, Anne Geddes' timeless photographs have appeared around the world in her many books and calendars.

Since the publication of the Institute of Medicine (IOM) report Clinical Practice Guidelines We Can Trust in 2011, there has been an increasing emphasis on assuring that clinical practice guidelines are trustworthy, developed in a transparent fashion, and based on a systematic review of the available research evidence. To align with the IOM recommendations and to meet the new requirements for inclusion of a guideline in the National Guidelines Clearinghouse of the Agency for Healthcare Research and Quality (AHRQ), American Psychiatric Association (APA) has adopted a new process for practice guideline development. Under this new process APA's practice guidelines also seek to provide better clinical utility and usability. Rather than a broad overview of treatment for a disorder, new practice guidelines focus on a set of discrete clinical questions of relevance to an overarching subject area. A systematic review of evidence is conducted to address these clinical questions and involves a detailed assessment of individual studies. The quality of the overall body of evidence is also rated and is summarized in the practice guideline. With the new process, recommendations are determined by weighing potential benefits and harms of an intervention in a specific clinical context. Clear, concise, and actionable recommendation statements help clinicians to incorporate recommendations into clinical practice, with the goal of improving quality of care. The new practice guideline format is also designed to be more user friendly by dividing information into modules on specific clinical questions. Each module has a consistent organization, which will assist users in finding clinically useful and relevant information quickly and easily. This new edition of the practice guidelines on psychiatric evaluation for adults is the first set of the APA's guidelines developed under the new guideline development process. These guidelines address the following nine topics, in the context of an initial psychiatric evaluation: review of psychiatric symptoms, trauma history, and treatment history; substance use assessment; assessment of suicide risk; assessment for risk of aggressive behaviors; assessment of cultural factors; assessment of medical health; quantitative assessment; involvement of the patient in treatment decision making; and documentation of the psychiatric evaluation. Each guideline recommends or suggests topics to include during an initial psychiatric evaluation. Findings from an expert opinion survey have also been taken into consideration in making recommendations or suggestions. In addition to reviewing the available evidence on psychiatry evaluation, each guideline also provides guidance to clinicians on implementing these recommendations to enhance patient care.

Blank Pregnancy Log Book Get Your Copy Today! Large Size 8.5 inches by 11 inches Enough space for writing Include Sections for: Dad's and Mum's Information Emergency Contact Baby Life Checklist Prenatal Appointments Pregnancy Scan Medical Contact Details Firsts Weekly Log Monthly Log Pregnancy School Hospital Bag Checklist To Do List Buy One Today and keep track of your pregnancy

GIFT IDEAS - BABY SHOWER GIFTS - NEW MOM Congratulations! You're officially knocked up! This pregnancy planner helps you to track all the freaking special moments of your beautiful-ass journey. Included is a unique and comprehensive journal that both guides and tracks your amaze-balls progress. The bottom line is to encourage you to capture those precious-AF moments that are so often lost if we don't write that shit down! Use the prompts to record all the little-bitty things about your pregnancy, and one day you can look back and cherish this incredible journey! Included inside: Pregnancy tracker Birth plan Baby & pregnancy shopping lists Prenatal visit tracker Nursery planner Baby name idea brainstorming Hospital checklist Fetal movement tracker Weekly journal entries including weight, belly measurements, baby pumps, symptoms, cravings And much, much more! Product Details: Premium matte-finish cover design High quality 60lb (90gsm) paper stock Large format 8" x 10" ( 20cm x 25cm) pages

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