FolarraStudio

Pregnancy Journal

nine months · one little you

PRINTABLE · BUMP, APPOINTMENTS & BABY PREP

This Journal Belongs To

for the journey to meeting you

NAME _____

DUE DATE _____

STARTED ON _____

MIDWIFE / DOCTOR _____

HOSPITAL / BIRTH PLACE _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Week by Week and Appointments pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Fill in the Week by Week pages as you go and take the Questions page to every appointment.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for these nine months

What I am most excited about

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All About Us

the beginning of your story

WE FOUND OUT ON _____

HOW WE FOUND OUT _____

DUE DATE _____

FIRST SCAN _____

How we felt

Who we told first

Week by Week

weeks 1 to 20

WEEK	DATE	HOW I FEEL	BUMP NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Week by Week

weeks 21 to 40

WEEK	DATE	HOW I FEEL	BUMP NOTES
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			

Appointments

check-ups & scans

DATE	TIME	WITH	NOTES	NEXT

Questions to Ask

take this to every appointment

Questions

- [ ]
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Answers

Baby Names

the shortlist

NAME	MEANING	MIDDLE NAME	LOVE IT
			☆☆☆☆☆
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Nursery Planner

a cozy first room

Furniture

- [ ] Crib
- [ ] Mattress
- [ ] Changing table
- [ ] Chair
- [ ] Storage
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Bedding

- [ ] Fitted sheets
- [ ] Sleeping bags
- [ ] Blankets
- [ ] Mattress protector
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Ready

- [ ] Wash clothes
- [ ] Set up cot
- [ ] Fit car seat
- [ ] Stock diapers
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Decor

- [ ] Curtains
- [ ] Night light
- [ ] Rug
- [ ] Wall art
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Hospital Bag Checklist

packed and ready by week 36

For me

- [ ] Notes & ID
- [ ] Comfy clothes
- [ ] Nightwear
- [ ] Toiletries
- [ ] Snacks
- [ ] Phone charger
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

For my partner

- [ ] Snacks & drinks
- [ ] Change of clothes
- [ ] Charger
- [ ] Camera
- [ ] _____
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- [ ] _____

For baby

- [ ] Onesies & sleepers
- [ ] Hat & socks
- [ ] Diapers
- [ ] Blanket
- [ ] Going-home outfit
- [ ] Car seat
- [ ] _____
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Birth Preferences

share them with your care team

Environment

Support & pain relief

After the birth

Feeding

Baby Budget

big buys & little things

ITEM	BUDGET	PAID	BOUGHT	GIFT
			☐	☐
			☐	☐
			☐	☐

A Letter to You

before we meet

Dear little one

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal helps you treasure every week of the journey. If you enjoy it, tell a friend about folarrastudio.com.

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