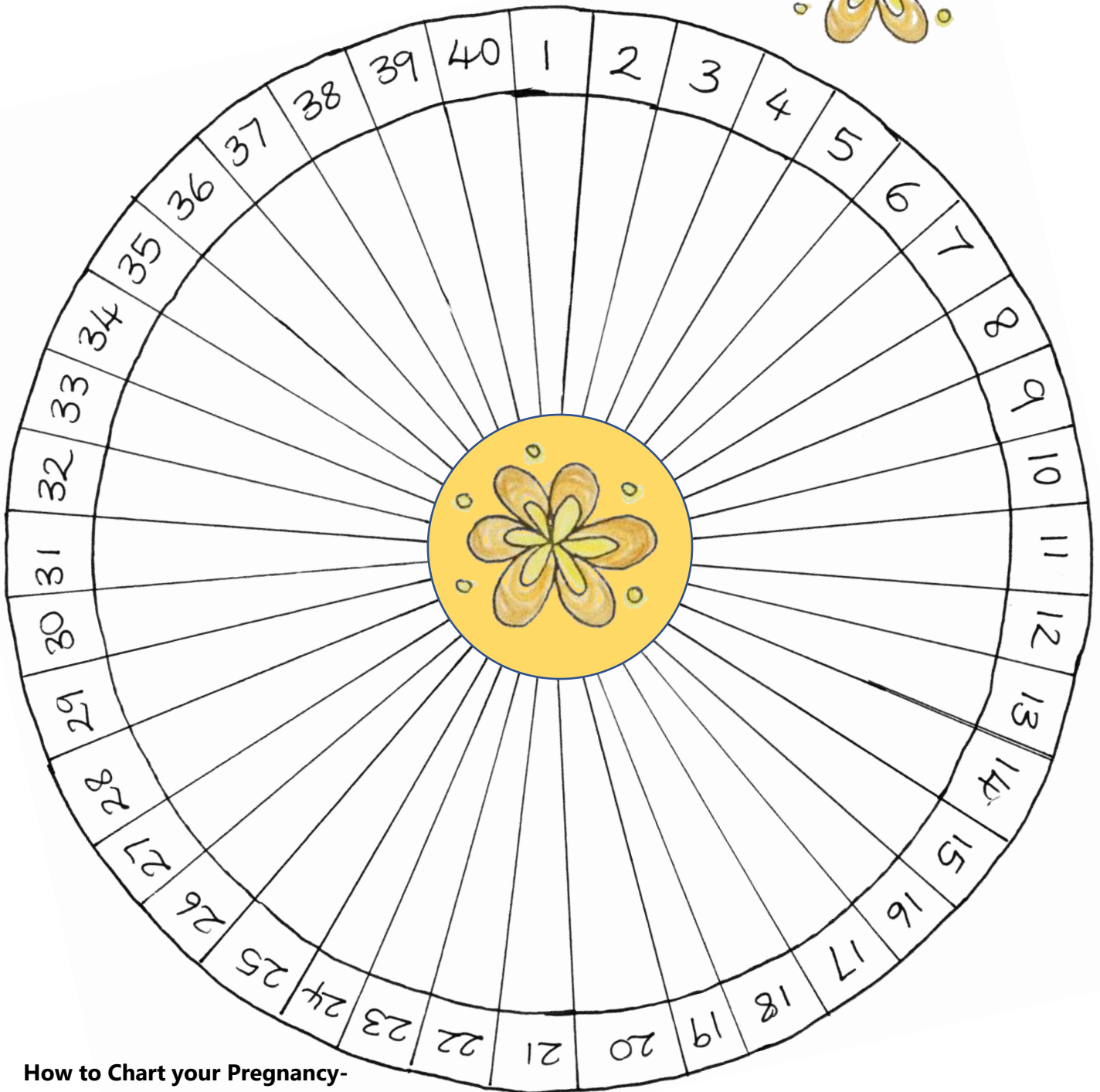


## Week by Week Pregnancy Chart



### How to Chart your Pregnancy-

Print out this chart and at the end of each week record the main theme of your week.

- This could be an overall mood, energy level, where your head is, dreams, idea, maybe something you discovered about your own pregnancy or baby's growth.

As the space is quite small you could keep a dedicated journal for more details. This process could become a beautiful keepsake of your initiatory journey into motherhood. Alternatively, you can chart on a daily basis with the moon.