

# Understand The Changes And Chart The Progress Of You And Your Baby With This

Pregnancy is a time of great change and growth. Your body will go through many changes to accommodate your growing baby. Your baby will also go through many changes as it develops from a tiny embryo to a full-term newborn.

It can be helpful to track your progress and the progress of your baby during pregnancy. This can help you to stay informed about what to expect and to identify any potential problems.

This article will provide you with an in-depth understanding of the changes that occur during pregnancy, from conception to birth. We will also provide you with a chart that you can use to track your progress and the progress of your baby.



## Pregnancy Week by Week: Understand the changes and chart the progress of you and your baby with this essential weekly planner by Jane MacDougall

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 98 pages



The changes that occur during pregnancy can be divided into three trimesters:

- **First trimester (weeks 1-12):** During the first trimester, your body will begin to prepare for pregnancy. You may experience symptoms such as fatigue, nausea, and breast tenderness. Your baby will grow from a tiny embryo to a fetus.
- **Second trimester (weeks 13-27):** During the second trimester, your baby will continue to grow and develop rapidly. You may begin to show, and you may experience symptoms such as back pain, leg cramps, and increased urination.
- **Third trimester (weeks 28-40):** During the third trimester, your baby will continue to grow and mature. You may experience symptoms such as swelling, hemorrhoids, and shortness of breath.

Here is a more detailed look at the changes that occur during each trimester:

### **First Trimester**

- **Weeks 1-4:** During the first four weeks of pregnancy, your body will begin to prepare for pregnancy. You may experience symptoms such as fatigue, nausea, and breast tenderness. Your baby will grow from a tiny embryo to a fetus.
- **Weeks 5-8:** During weeks 5-8, your baby's heart will begin to beat and its major organs will begin to develop. You may begin to show, and you may experience symptoms such as back pain, leg cramps, and increased urination.

- **Weeks 9-12:** During weeks 9-12, your baby will continue to grow and develop rapidly. Its arms and legs will begin to move, and its facial features will begin to form. You may begin to feel your baby move.

## Second Trimester

- **Weeks 13-16:** During weeks 13-16, your baby will continue to grow and develop rapidly. Its bones will begin to harden, and its hair will begin to grow. You may begin to feel your baby move more frequently.
- **Weeks 17-20:** During weeks 17-20, your baby will continue to grow and mature. Its lungs will begin to develop, and its eyes will begin to open. You may begin to feel your baby move more strongly.
- **Weeks 21-24:** During weeks 21-24, your baby will continue to grow and develop rapidly. Its skin will begin to thicken, and its nails will begin to grow. You may begin to feel your baby move more frequently.

## Third Trimester

- **Weeks 25-28:** During weeks 25-28, your baby will continue to grow and mature. Its lungs will continue to develop, and its body will begin to fill out. You may begin to feel your baby move more strongly.
- **Weeks 29-32:** During weeks 29-32, your baby will continue to grow and develop rapidly. Its brain will begin to grow rapidly, and its eyes will begin to focus. You may begin to feel your baby move more frequently.
- **Weeks 33-36:** During weeks 33-36, your baby will continue to grow and mature. Its lungs will continue to develop, and its body will begin to fill out. You may begin to feel your baby move more strongly.

- **Weeks 37-40:** During weeks 37-40, your baby will continue to grow and mature. Its lungs will be fully developed, and its body will be ready for birth. You may begin to feel your baby move less frequently.

The following chart can be used to track your progress and the progress of your baby during pregnancy:

Week	Your Body	Your Baby
1	Fatigue, nausea, breast tenderness	Embryo implants in the uterus
2	Fatigue, nausea, breast tenderness	Embryo grows to the size of a poppy seed
3	Fatigue, nausea, breast tenderness	Embryo's heart begins to beat
4	Fatigue, nausea, breast tenderness	Embryo's major organs begin to develop
5	Fatigue, nausea, breast tenderness, showing	Baby's heart begins to beat and its major organs begin to develop
6	Fatigue, nausea, breast tenderness, showing	Baby's arms and legs begin to move
7	Fatigue, nausea, breast tenderness, showing	Baby's facial features begin to form
8	Fatigue, nausea, breast tenderness, showing	Baby's bones begin to harden
9	Fatigue, nausea, breast tenderness, showing	Baby's hair begins to grow
10	Fatigue, nausea, breast tenderness, showing	Baby's nails begin to grow
11	Fatigue, nausea, breast tenderness, showing	Baby's lungs begin to develop
12	Fatigue, nausea, breast tenderness, showing	Baby's eyes begin to open
13	Fatigue, nausea, breast tenderness, showing	Baby's skin begins to thicken
14	Fatigue, nausea, breast tenderness, showing	Baby's brain begins to grow rapidly
15	Fatigue, nausea, breast tenderness, showing	Baby's eyes begin to focus
16	Fatigue, nausea, breast tenderness, showing	Baby's lungs continue to develop
17	Fatigue, nausea, breast tenderness, showing	Baby's body begins to fill out
18	Fatigue, nausea, breast tenderness, showing	Baby's lungs continue to develop
19	Fatigue, nausea, breast	

tenderness, showing | Baby's body continues to fill out | | 20 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 21 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 22 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 23 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 24 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 25 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 26 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 27 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 28 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 29 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 30 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 31 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 32 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 33 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 34 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 35 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 36 | Fatigue, nausea, breast tenderness, showing | Baby's lungs are fully developed | | 37 | Fatigue, nausea, breast tenderness, showing | Baby's body is ready for birth | | 3



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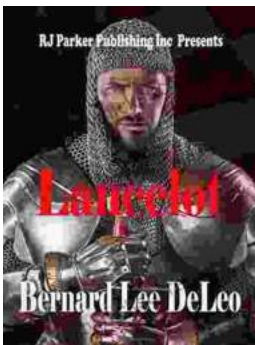
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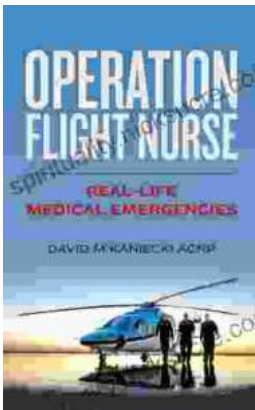
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