

CHAPTER 4: HAVING A HEALTHY PREGNANCY

Notes from Prenatal Care Appointment

Date of prenatal visit: _____

Questions you'd like to ask your caregiver at this visit (and caregiver answers):

1. _____
2. _____
3. _____
4. _____
5. _____

Weight: _____ Blood pressure: _____ Fundal height: _____ Baby's heart rate: _____

Other test results: _____

Information learned: _____

Next appointment:

Date: _____ Time: _____ Caregiver: _____ Location: _____

Things to remember between now and then:

1. _____
2. _____
3. _____
4. _____
5. _____