



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY 5TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- GET PLENTY OF REST
- BUY TWIN PREGNANCY JOURNAL
- PLAN A PREGNANCY DIET

FOR HOME

THIS WEEK I NEED TO...

- THINK ABOUT HIRING HELP FOR LATER
- FIND A GOOD DOCTOR
- SCHEDULE YOUR FIRST APPOINTMENT

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- WHAT THINGS SHOULD I AVOID?
- HOW CAN I STAY IN SHAPE?
- WHEN CAN I HEAR HEARTBEATS?

