



TWIN PREGNANCY 7TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- EXERCISE OR GO FOR WALKS
- DECIDE WHO I WILL TELL
- THINK ABOUT HOW I WILL TELL

FOR HOME

THIS WEEK I NEED TO...

- INVEST IN AN INSTANT POT
- ASK FOR HELP IF I'M TOO TIRED
- DELEGATE CAT LITTER CLEAN UP

ASK THE DOC

DON'T FORGET TO ASK THE DOC....

- WHEN WILL I HAVE MY FIRST ULTRASOUND?
- WHAT RED FLAGS SHOULD I WATCH FOR?
- WHICH TESTS CARRY RISKS?

