



# TWIN PREGNANCY 11TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

---

- START DOING YOUR KEGELS
- HYDRATE
- LOOK UP BRAND DISCOUNTS FOR MULTIPLES



FOR HOME

THIS WEEK I NEED TO...

---

- PLAN YOUR FAMILY BUDGET
- FIND OTHER TWIN PARENTS TO TALK TO
- SHARE SYMPTOMS AND WORRIES WITH YOUR PARTNER



ASK THE DOC

DON'T FORGET TO ASK THE DOC...

---

- SHOULD I GET THE CVS TEST?
- ARE BOTH BABIES HEART RATES STRONG?
- WHAT KIND OF NATURAL SUPPLEMENTS ARE OFF LIMITS?