

PREGNANCY PLANNER

Monday

1
precaution week

Tuesday

2
Medical checkup

Wednesday

3 Start taking folic acid every day

Thursday

4
First day of period

Friday

5 **Stop smoking or drinking alcohol**

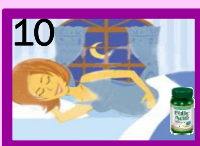
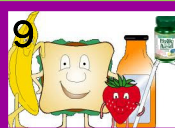
Saturday

6
VACCINES

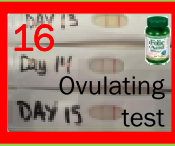
Sunday

7
Healthy food

8
Healthy week



15
Fertile week



22
Preparation week



25
CAUTION
Caution dangerous chemicals



27
Sun exposure 15min

28
Pregnant

29
Medical checkup



Day 35