

# Pregnancy Calendar

Pregnancy lasts about 280 days, or 40 weeks (from your last period). This Table starts with the 3rd week; [fetus](#) is 1 week old at this point).

Week	Your Body	Baby	Tests/Things To Do
3	Missed Period is the first clue. Some women have all, some or none of the following symptoms at this time: Fatigue, breast tenderness, frequent urination, nausea with or without vomiting	The embryo is about 0.006inch (0.150mm) long	You may take a home pregnancy test if you already done so.  It's time to start finding a midwife and collecting reading material.  FOLIC ACID is one of the most important nutrients to help prevent certain birth defects so talk to your midwife about a good brand ASAP.
4	Same symptoms as week 3	The embryo varies from 0.014 inch to about 0.04 inch (0.36mm to about 1mm) in length	Just eat well, sleep enough and drink plenty of purified water!
5	Increased nausea in some women. Some women don't get nausea at all	0.05 inch (1.25mm) long	Just eat well, sleep enough and drink plenty of purified water
6	You may have gained some weight, or lost some due to nausea. Breasts become more tender	Crown-to-rump (length from baby's head to its rump or buttocks) is 0.08 to 0.16 inch (2 to 4mm). Heart contractions begin at this time. Limb buds are seen, eyes begin forming	Prenatal care should begin now or within a couple of weeks.  Tests include: Complete history, basic physical and diet review.
7	None new	Crown-to-rump length of your baby is now 0.16 to 0.2 (4 to 5mm). By the end of this week, your baby will be around 0.44 to 0.52 inch (11 to 13mm) in length	Just eat well, sleep enough and drink plenty of purified water
8	Uterus is getting bigger, but still not showing. You may experience sciatic-nerve pain	0.56 to 0.8 inch (14 to 20mm) in length. Eyelids form, ears forming, elbows, tip of nose present, fingers and toes begin forming	If you haven't started prenatal care, definitely, let's get started!
9	Pelvic exam will show your uterus to be the size of a grapefruit at this time. Waistline becomes thicker	Baby is 0.9 inch to 1.2 inches (22 to 30mm) in length (size of an olive). Baby moves arms & legs, longer fingers, more defined toes, body straightens.	Just eat well, sleep enough and drink plenty of purified water

10	No major changes in you just yet	Baby is about 1.25 to 1.68 inches (31 to 42mm). Baby weighs close to 0.18 ounce (5 grams).	It's still important to do the normal things listed above! EAT, SLEEP, DRINK WATER! Avoid stress if at all possible!
11	Your uterus can be felt in your lower abdomen, above the middle of your pubic bone. Your hair and nails will change. You may lose hair, or find your hair and nails to be growing at rapid speed.	Baby is 1.75 to 2.4 inches (44 to 60mm). Weighing about 0.3 ounce (8grams). Fingernails appear. Chin raises from chest, neck straightens more. Baby is now about the size of a lime.	Use of ultrasound might be used during this week to confirm "due date" but definitely not necessary! Many women prefer to avoid the possible ultrasound effects on their babies!
12	Morning sickness improves. Weight gain in hips and legs. Your nipples are darker, as is the mid-line of the abdomen.	Length of your baby is now almost 2.5 inches (61mm) and weighs between 0.3 and 0.5 ounce (8 to 14 grams). Soon you'll be able to hear your baby's heartbeat	Doppler might be used to hear your baby's heartbeat.  If you haven't had your prenatal lab work drawn, now is the time!
13	Stretch marks may appear on your abdomen, breasts, hips or buttocks.	Baby is 2.6 to 3.1 inches (65 to 78mm) long, and weighs between 0.5 and 0.7 ounce (13 to 20grams). During this time, the sex can be determined (if outside of the womb)	Just eat well, sleep enough and drink plenty of purified water.  Exercise is great but listen to your body!
14	You've started wearing maternity clothes. You will notice new moles, and existing moles will become larger.	Baby is now 3.2 to 4.1 inches (80 to 93mm) long. Weighs almost 1 ounce (25grams)	Begin to increase your protein intake each day. Find good protein snacks!!
15	You may be able to feel your uterus about 3 or 4 inches bellow your belly button	Baby is 4.2 to 4.5 inches (93 to 103mm) long and weighs about 1.75 ounces (50 grams). Fine hair covers the baby called lanugo hair.	The MSAFP Triple or Quad screening is available for women who have a medical history that indicates risk for some types of birth defects (neural tube defects, Down Syndrome). This is a personal decision and your choice to make.
16	You may feel your baby move, especially if this is not your first pregnancy.	Baby is 4.3 to 4.5 inches (108 to 116mm) now, and weighs 2.8 ounces (80grams)	Continue to eat frequently, feasting on natural, fresh vegetables, fruits and protein!
17	If you have not felt your baby move, you will within the next few weeks.	Baby is 4.4 to 4.9 inches (110 to 120mm, or 11 to 12 cm). Fetal weight has doubled in 2 weeks bringing total weight to about 3.5 ounces (100grams)	More of the same . . . just "Eat and Gestate"!!

18	Back aches. Some women experience nasal problems due to hormonal changes	5 to 5.7 inches (12.5 to 14cm) in length by this week. Weight is about 5.25 ounces (150grams)	Be sure to urinate when you feel the urge; holding in your urine can lead to urinary tract infections.
19	Some dizziness from hypotension, supine hypotension, and/or postural hypotension	Baby is 5.2 to 6 inches (13 to 15cm). Your baby weighs about 7 ounces (200grams)	You should be feeling movement by now! This will increase as the weeks go by.
20	You are halfway through now. You might have increased vaginal discharge called leukorrhea. Your abdomen may be itchy from the skin expanding	Baby weighs about 9 ounces now and is about 5.6 to 6.4 (14 to 16cm) long.	Use of ultrasound to determine sex can be done during this week if you are the type who used to peek at your Christmas presents before Christmas! Many parents save this surprise for the BIRTH!
21	Some swelling in lower legs and feet. Stasis.	Now weighs about 10.5 ounces (300grams), and its length is about 7.2 inches (18cm).	Alfalfa Tablets are recommended to help control fluid retention, aid in eliminating toxins and aiding in your blood clotting factors.
22	Normal discomforts of pregnancy, such as dull backache, pelvic pressure, uterine contractions (with or without pain), some vaginal discharge, hemorrhoids, odd food cravings.	Weighs 12.25 ounces (350grams), and 7.6 inches (19cm) in length	Pelvic Rocks and other pregnancy exercise may begin to be helpful.
23	Mood swings continue due to increase in hormones	Baby now weighs almost a pound (455grams), and is about 8 inches long.	Omega supplements, Calcium and some extra Vitamin E may help with various “discomforts” of pregnancy.
24	No new changes	Baby weighs about 1.2 pounds (540 grams and is around 8.4 inches (21cm) in length	Daily warm tub baths aid with circulation and your general sense of well-being.
25	No new changes	Baby is about 8.8 inches (22cm) long and weighs 1.5 pounds (700grams). These numbers vary from one baby to another. Your baby is now at a point that he/she may actually survive if born prematurely.	If you opt to have the Gestational Diabetes Screening test, you will be asked to fast overnight, and then indulge in a sweet breakfast before having your blood drawn.
26	Pressure in pelvis, back pain, leg cramps, rib pain and frequent headaches	Baby is now almost 2 pounds (910grams) and length is around 9.2 inches (23cm)	Eat a banana every day and increase your Calcium supplement to help with leg cramps.

27	Breasts will be a lot heavier. Continue self-breast exams as normal (every 4-5 weeks)	Your baby weighs a little more than 2 pounds (1000grams) and is about 15.3 inches (34cm) in length. Around this time your baby's eyelids open. He/she will start blinking.	Check with your midwife about Birthing Classes to get signed up for.
28	No new changes	Baby weighs about 2.4 pounds (1100grams) and its length is close to 10 inches (25cm). Total length is 15.75 inches (35cm)	You will start seeing your midwife every 2 weeks now for your prenatal check-ups.  Your iron levels will be checked.
29	No new changes	Baby weighs about 2.7 pounds (1250grams) and is 10.4 inches (26cm) in length. Total fetal length is 16.7 inches (37cm)	You've got it . . . EAT, SLEEP, GET EXERCISE and DRINK lots of WATER!
30	No new changes	Baby is about 3 pounds (1360grams) and 10.8 inches (27cm). Total length is 17 inches (38cm). The umbilical cord may knot (normal)	Keep doing those pelvic rocks and Kegal exercises!
31	No new changes.	Weighs about 3.5 pounds (1600grams), 11.2 inches (28cm), and total length is 18 inches (40cm)	You may want to sit down and put your feet up frequently!
32	No new changes	Baby is about 4 pounds (1800grams) now and is 11.6 inches (29cm) in crown-to-rump length. Total length is 18.9 inches (42cm)	A gallon of water should be your "goal" at this point. Try to get as close to that as you can!
33	Continued weight gain, heartburn	Your baby should weigh about 4.4 pounds (2000grams) now. Crown-to-rump length is about 12 inches (30cm), and total length is 19.4 inches (43 cm)	Try to drink your fluids early in the day so you're not up all night!
34	No new changes	Baby weighs almost 5 pounds now (2275grams). 12.8 inches (32cm) crown-to-rump, and total length is around 19.8 inches (44cm)	You will be offered testing for Group Beta Strep.
35	Some women experience anxiety about labor, mood swings	5.5 pounds (2550grams). Crown-to-rump length is 13.2 inches (33cm). Its total length is about 20.25 inches (45cm)	It's time to order our birth kit and begin gathering your birth supplies.

36	You have 4 weeks left.  Gained between 25-30 pounds depending on your weight before pregnancy.	Baby is now about 6 pounds (2750grams). Crown-to-rump length is over 13.5 inches (34cm), and total length is 20.7 inches (46cm)	You will begin to see your midwife for weekly prenatal appointments. Your iron levels will be checked.  Your midwife will want to do a home visit this week or next.
37	No new changes	Your baby weighs almost 6.5 pounds (2950grams). Crown-to-rump length is 14 inches (35cm). Its total length is 21 inches (47cm)	Everything should be ready and in place for the birth!
38	Some women experience depression in late pregnancy but also excitement!	Weight should be around 6.8 pounds (3100grams). Crown-to-rump length has not changed much; it's still about 14 inches (35cm). Total length is 21 inches (47cm)	Your midwife may suggest an internal exam to check for dilation, station, and effacement each week until you deliver your baby.
39	Discomfort from the weight	Baby weight is a little over 7 pounds now (3250grams). By this point in your pregnancy, crown-to-rump length is about 14.4 inches (36cm) and 21.5 inches (48cm) in total length	Regular prenatal visit
40	Anxious about delivery	Baby is about 7.5 pounds (3400grams). Crown-to-rump length is about 14.8 to 15.2 inches (37 to 38cm). Total length is 21.5 inches (48cm)	Regular prenatal visit
41	Will the day ever come? Most first-time moms don't birth before their due date, in fact, it's more common for them to birth almost a week after that "magic date!	Baby continues to grow at a rate of ½ pound per week.	Regular prenatal visit