



FIRST TRIMESTER

Early pregnancy symptoms tracker

A printable log to track and understand first-trimester symptoms, helping you identify what's normal and when to call your doctor.

A free guide from maternity.app

Your first trimester is full of changes as your body adjusts to pregnancy. Tracking your symptoms helps you spot patterns and know when to check in with your provider.

Start tracking symptoms now

- **Set a daily reminder.** Choose a consistent time to log symptoms.
- **Record every symptom.** Even mild ones can be worth noting.
- **Include details.** Note severity, timing, and anything that helps or worsens the symptom.

- ☐ Track nausea and vomiting frequency
- ☐ Note fatigue levels throughout the day
- ☐ Record breast tenderness or changes
- ☐ Log food aversions or cravings
- ☐ Monitor spotting or bleeding
- ☐ Track headaches or dizziness
- ☐ Note any abdominal pain or cramping
- ☐ Record bathroom frequency
- ☐ Track mood swings or emotional changes

Know when to call your provider

While many first-trimester symptoms are normal, some need attention. Call your provider if you experience severe nausea, heavy bleeding, or persistent pain.

BRING YOUR TRACKER

Take your symptom tracker to prenatal appointments. It helps your provider spot trends and address your concerns.

Tracking your symptoms keeps you informed and helps your provider support you best. You've got this!