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cross reference. PERFECT SIZE- With its 20.3 x 24.4 cm (8" x 11") dimensions, almost the same width as A4 but shorter in height, you can squeeze it into a bag with ease. It's the perfect size- easy to carry! COOL COVERS!- To top it all, we have an array of cover designs for you to choose from. Get inspired by our collection of truly creative book covers. We stand for quality and aim to provide the best writing experience with our notebooks. Use our Pregnancy Journal to write down your thoughts. By writing in a diary, you can get rid of all your negative thoughts during your pregnancy and focus on creating memories that you will cherish forever. Get a copy now! Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can be very exciting, disturbing and powerful. After pregnancy, nothing is ever the same. 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There are places for photos, firsts, reminders, checklists, and pages for the mom-to-be to plan, record, writes, and remember everything. Designed for both first-time and Veteran moms-to-be WHAT WILL YOU FIND IN THIS ULTIMATE PREGNANCY PLANNER? I'm Pregnant! worksheet My Birth Plans Ideas Pregnancy Tracker Doctor Appointment Tracker Baby Shopping List ideas Weight Pregnancy Tracker Healthy Food Ideas Pre-Natal Visits Tracker Ultrasound and Pregnancy Progress Pictures First To Third Trimester Tracker My Baby Shower Plans and Gifts Nursery Planner Baby Names Ideas Hospital Checklist Pregnancy Shopping List Fetal Movement Tracker Week By Week Pregnancy Journal AND MUCH MORE! 8"x10" 100 Pages softcover This pregnancy planner makes an excellent gift for an expecting mom! Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can be very exciting, disturbing and powerful. After pregnancy, nothing is ever the same. Celebrate and commemorate this special time before your baby is born by keeping a journal. We created our Pregnancy Journal to be: VERSATILE AND PERSONAL: A pregnancy journal is a place to collect your thoughts, feelings and experiences during pregnancy. Record the moments that take your breath away: the first kick, listening to your child's heartbeat or finding out the baby's gender! It will also serve as your checklist for things you have to prepare before the baby comes out. The best part? This planner becomes a memory book to look back on long after your "baby" is grown. It's the perfect journal to capture your pregnancy journey and a place to record your bump and scan photos. USEFUL & CONVENIENT - Keeping a diary while you're expecting can also assist you in focusing on the pregnancy. 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mementos And more! Special Features: Chic, gender-neutral design Elegant linen cover Acid-free and archival paper Generous trim size offers ample space for photos Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book My little pea. My little pumpkin. My little baby. Gather your baby's moments and milestones from the first year inside this beautiful garden-inspired baby book. Place photos, document quick thoughts with easy-breezy prompts, chart your baby's day, and create a keepsake of loving moments that will last forever. This gorgeously illustrated book is perfect for busy moms and their growing wonders. Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can be very exciting, disturbing and powerful. After pregnancy, nothing is ever the same. 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Fetal Movement Tracker ? Dear baby page ? Weight Tracker ? First, Second & Third Trimester Highlights ? Baby Bump Photo Layouts ? And much more! Book Details: ? 8.5 x 11 Inches ? 101 Pages This pregnancy journal is created to inspire the motherhood, and to capture the precious moments, as you can look back those cherish and incredible journey whenever you want. Budding dreams. Hopeful hearts. Growing anticipation for the life of your little one. Capture all of your thoughts and feelings in this elegant pregnancy journal. Waiting for You offers reflective prompts that invite you to record milestones and memories--from hearing heartbeats and creating birth plans to choosing nicknames and noticing food cravings. With a classic, genderneutral design and sweet quotes throughout, Waiting for You is a special place to hold on to beautiful moments forever. Features a hardcover with ribbon marker and bellyband. Baby's on the way. Is Dad ready? First-time dads can feel like they're waiting forever for their baby to arrive, so why not help them use that time to reflect on all their big feelings (and bigger questions) about fatherhood? This guided journal helps them explore and record their thoughts as the big day approaches, while also providing the tools needed to support their partner and take the first steps into fatherhood. This dad journal features: Monthly check-ins—From the first trimester to the first months of baby's life, this combo guide and journal keeps dads up-to-date on what's happening with their partner and baby. Fatherhood prep—Insightful journal prompts and practical exercises help dads work through their thoughts and plan ahead. Memories to treasure—Encourage dads to create a keepsake that captures this incredible and irreplaceable time in their life. Help dads prepare mentally, physically, and emotionally for the arrival of their child with the First-Time Dad Journal. My Pregnancy Planner Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. This is the perfect planner for recording your pregnancy journey and will help you to track all the special moments of this journey by keeping notes and writing your emotions step by step. Keeping a pregnancy diary is a great way to keep the most delicate and precious memories of this stage of life. Attractive and memorable gift and to track all the freaking special moments of your beautiful journey. This is the perfect planner for recording your pregnancy journey and take notes to your baby and write your emotions and all changes you live in 40 weeks, and will become a cherished keepsake for your precious bundle of joy! The journal is

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This beautifully illustrated journal is the perfect place to record the memories most important to you. Features: 9 Monthly Section Pages with Question Prompts 3 Pages Per Week Including Weekly Weight, To Do and Thoughts, Doodle Box; Weekly Meal Planner and Grocery List; and Journaling Page Monthly Photo Pages (to document your growing bump) Pages to List Girl Names and Boy Names Message to My Baby Page Baby's First Photo Birthing Plan Nursery Preparations Reading List Topics to Research Baby Shower Guest List Baby Shopping List Hospital Packing List Baby Shopping List Important Contacts Pages Black and White Images for you to color 8 x 10 inches, 160 pages For both first-time mothers and veteran moms-to-be, this beautifully designed journal is something your family will treasure forever. An updated edition of the million-selling guide that accompanies you through the days, weeks, and months of your pregnancy. A modern classic translated into a dozen languages, The Pregnancy Journal provides daily entries that update you on your baby's development—as well as guiding you through the best health and nutrition decisions for both of you. With more than a million-and-half copies sold worldwide, this one-of-a-kind guide is the ultimate resource for today's expecting mother, now in its updated fourth edition. Introducing the totally revised and updated WHAT TO EXPECT PREGNANCY JOURNAL & ORGANIZER-- with 715,000 copies in print, it's the perfect gift and popular companion to "What to Expect When You're Expecting. Lightweight and sized to fit into a tote or briefcase, this handy planner is an expectant mom's best friend from conception through labor and delivery. For the new edition, the text has been brought completely up to date in accordance with the information in the recently revised third edition of "What to Expect When You're Expecting. Featuring prompted pages, checklists, and a weekly write-in pregnancy and labor journal, this is the best way for mothers-to-be to keep track of important dates, questions to ask the doctor, medications, milestones, childbirth class notes, shopping lists, phone numbers, and everything else that comes with the nine months of pregnancy. The journal/organizer's compact design ensures it can go everywhere mom goes. After baby's arrival, it becomes an instant keepsake. Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can be very exciting, disturbing and powerful. After pregnancy, nothing is ever the same. Celebrate and commemorate this special time before your baby is born by keeping a journal. 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The keepsake format allows parents to record everything from feelings and cravings to doctor appointments and baby shower gifts (helpful for when pregnancy brain sets in!), and it also includes 3 pockets for sonograms, photos, and mementoes from the first trimester through the baby's first months. With an additional see-through pocket in the cover for slipping in a personal photo (either of a growing baby bump or a 3D ultrasound), this chic binder is essential for organization, as well as a memory book to save for years to come. Few experiences are more magical than creating a new life and watching it grow in your body. Pregnancy is also a time of many physical and emotional transformations. A pregnant woman's life can

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Blood pressure, weight, baby's heart rate, summary of visit. First, Second & Third Trimester Photos - A place to put your baby bump pics. First, Second & Third Trimester Journal Pages - How you felt, favorite memories & moments, symptoms & cravings, energy, mood, sleep, to do list. My Baby Shower - Place for photos, games played, on the menu, highlights & memories, Place for gifts, name address & thank you sent. Nursery Planner - Color scheme, things to buy, furniture, decorative ideas. Baby Name Ideas - Top 3 favorite girl & boy names & it's meanings, other possibilities. Hospital Checklist - To pack your bag & take with you: for me, for partner, for baby. Pregnancy Shopping List - Baby clothing, supplies, medication, furniture, toys. Fetal Movement Tracker - Daily track your baby's movement. Week By Week Journal Pages - Weekly reflections, what I want to remember most. what I'm most excited about, what I'm most nervous about, baby bump photo to see how much your belly has grown. Week By Week Dear Baby Journal Pages - What I want you to know. Ultrasound Photos - Photo, baby's length (inches long), weight, bpd, due date, notes. This is the most exciting and best experience of your life, whether you're a first time, new mom or this is not your first go around. You will want to write everything down in this notebook to look back on and always remember carrying your little one. Use it every day for writing your experiences. Also makes a great gift for moms. Keeping all your information in one spot has never been so easy. Make your memories last forever. This pregnancy journal will help you keep track of your own personal journey. Size is 8.5x11 inches, 100 pages, soft matte finish cover, white paper, paperback. Get one today! 40 Week Pregnancy Journal - Baby Shower Gift For Expectant Moms Monthly Checklist, Journal Prompts, Birth Plan, Baby Shopping List & More Welcome to this beautiful journey of growing a new life inside of you. I created this book to help be a journal and planner to guide you along the way. It includes journaling pages, checklists of things that are important for each month of your journey to motherhood. Interior pages have cute border. Here are just a few of the pages included: Birth Plan 40-Week Pregnancy Journey Doctor & Prenatal Appointment Trackers Baby Shower Memories Fetal Movement Tracker Baby Shopping List Weight Tracker Healthy Food Ideas \*plus FREE meal planner!\* First, Second & Third Trimester Highlights Baby Bump Photo Layouts And much more! Preserve the most meaningful moments of your pregnancy Your pregnancy story is one that you'll cherish forever. From the moment you find out you're expecting to the first time you hold your newborn in your arms, this guided mom journal invites you to slow down and celebrate each milestone. Space for your story--Create a beautiful keepsake of your unique journey, with plenty of room to write and attach photos, sonograms, and other mementos. Keep track of everything--Discover dedicated pages for recording prenatal appointments, baby shower notes, your family tree, baby name ideas, and important firsts. One trimester at a time--Tell the story of your pregnancy with thoughtful prompts to guide you through all three trimesters, the birth, and the beginning of your parenthood adventure. Capture the best parts of becoming a mom with this beautiful pregnancy journal. pregnancy Journal: Weekly Checklists, Activities, & Notebook Prompts. The first person you told. The first weird craving you had. The first time you saw your baby. Becoming a mom is filled with firsts that you're going to want to remember?and with this journal, you'll chronicle every meaningful milestone and memory of your pregnancy. The First-Time Mom's Pregnancy Journal is your trimester-by-trimester guide to capture everything from finding out you were pregnant to holding your newborn. With writing prompts, checklists, activities and more, this book is a fun and easy way for every new mama to create a lifelong keepsake of the joys of pregnancy and motherhood. Benefits of this pregnancy Journal Fits easily in your purse or bag. Softcover - Matte finish - Perfect binding - White paper Extra lined pages for recording phone numbers, notes, and utility and policy information. Printed Locally Measures 6X9 inches Handwriting Practice Paper, 100 pages Your Pregnancy Journal You have the miracle of life growing inside of you so why not write down how it feels on a daily basis? A pregnancy diary is something you will cherish for the rest of your life. It can be just a memory to reflect on or your own personal instruction manual for the next pregnancy. You have ample space to write down all your emotions, morning sickness (sorry), cravings and how much you want to hurt uh... love your significant other for doing this to/with you. Write down anything you feel is important for details and make sure to write down how you are actually feeling. Journaling can help get you through those emotional days. The times when everything feels fantastic or the days you just aren't sure how in the world you are going to pull this off. Don't forget there will be baby's first kicks, how beautiful your baby belly is and names. All the names you need to consider. You can keep this journal to yourself, share it with a loved one, or wait and give it to your child when they choose to start a family. You don't want to miss out on any of the memories that might get lost with the baby brain so why not scroll up today and hit the orange buy button as added insurance. A 9 month Pregnancy Journal Planner for Expectant mothers. There are pages for birth plan, Trimesters, Doctor Appointments, Baby Names and so much more..... Will make a great gift for mothers to be, Grandmothers to give to their daughters and daughter in laws. Great for holiday gifts, birthdays etc.

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