

Wellness During Pregnancy

Third Trimester Challenge

ENVIRONMENTAL

Minimize exposure to environmental toxins & teratogens.

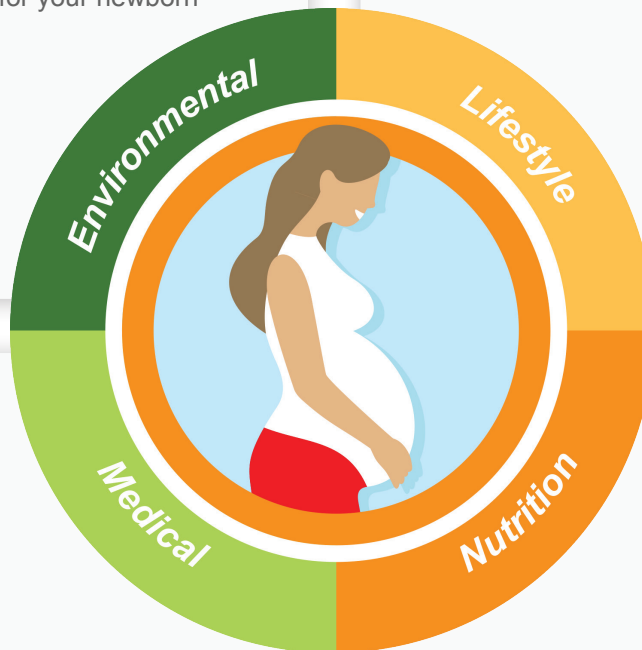
- Stop cleaning cat litter box to avoid toxoplasmosis
- Avoid raw meat or unpasteurized dairy products
- Buy organic produce from the Dirty Dozen, meats without hormones, and fish without mercury
- Do not heat/store food in plastic containers/wrap, drink from metal, glass or ceramic containers
- When traveling, move around every 30–60 minutes, stop air travel at 36 weeks
- Be aware of traveler's warnings for diseases
- Prepare a safe environment for your newborn



LIFESTYLE

Lead a healthy overall lifestyle during pregnancy.

- Avoid tobacco, alcohol, and recreational drugs
- Stay active and wear comfortable clothing
- Practice breathwork and paced breathing
- Avoid sleeping flat on your back
- Sexual activity as you desire and limit if instructed
- Plan couple activities and keep communication open
- Allow others to help you and make a help list
- Think through decisions about your newborn, work, and pack your hospital bag



MEDICAL

Work with your healthcare team to manage your health and medical conditions.

- Keep your prenatal and lab test appointments
- Discuss screening test options with your provider
- Bring your partner to a prenatal visit to discuss your birth plan and answer questions
- Obtain and act on tests for gestational diabetes and Group B Strep
- Be aware of signs and symptoms of preterm labor
- Attend childbirth classes, take facility tour, have your children attend sibling preparation class
- Tdap immunization will be offered



NUTRITION

Consume healthy foods, beverages, and vitamins during pregnancy.

- Continue prenatal vitamin
- Eat nutrient rich foods: fruits, vegetables, whole grains, and lean protein
- Minimize sugar, refined grains, and trans fats
- Add 300-400 extra calories per day to your eating
- Eat smaller meals and eat more frequently, minimize salt and consume more fiber
- Stay hydrated with plenty of water and avoid sugar-sweetened beverages



Third Trimester Challenge

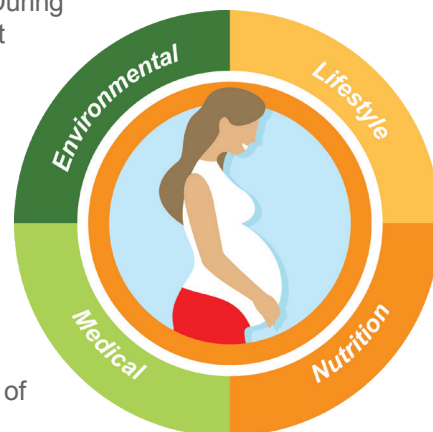


Congratulations you are on the home stretch. Remember to rest!

Taking this challenge will get you ready for the upcoming birth process. The Wellness During Pregnancy Third Trimester Challenge focuses on the final third of your pregnancy, what is called the third trimester. This is the time from 28 weeks to your due date or delivery. This challenge encourages you to practice healthy lifestyle and nutrition habits, optimize health, manage health conditions for a healthy third trimester, and minimize environmental exposure to toxins. Participating in this challenge will improve your well-being and that of your unborn child and family.

Making the Pledge

We pledge to stay focused on being active and attending childbirth classes. Making a birth plan and reviewing it with our provider together so we can be an active part of the birthing process. We will be aware of the signs and symptoms of preterm labor and any other issues that arise for us during this pregnancy. We pledge to keep lines of communication open between us and to be ready and willing to ask for help from our friends, family and providers. We trust we can get through this with the help of others.



How the Challenge Works:

Each person of the partnership takes the challenge and jots down items in the 4 areas of wellness during pregnancy that you are willing to learn about, take action on, and incorporate into daily living to ensure a healthy pregnancy. Prioritize the most important changes by circling 4 items. Continue layering on additional items throughout the third trimester that will contribute to your wellness and that of your developing child.



Lifestyle

1. _____
2. _____
3. _____
4. _____
5. _____



Nutrition

1. _____
2. _____
3. _____
4. _____
5. _____



Medical

1. _____
2. _____
3. _____
4. _____
5. _____



Environmental

1. _____
2. _____
3. _____
4. _____
5. _____

Record your Preparing for Pregnancy Challenge activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated healthy ☒ Lifestyle, ☒ Nutrition, ☒ Medical, and ☒ Environmental practices to keep you well during pregnancy.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>