

Wellness During Pregnancy

First Trimester Challenge

ENVIRONMENTAL

Minimize exposure to environmental toxins and teratogens.

- Stop cleaning cat litter box to avoid toxoplasmosis
- Avoid raw meat or unpasteurized dairy products
- Buy organic when possible, avoid fish with mercury, and choose meats without hormones
- Do not heat or store food in plastic containers or plastic wrap
- Drink from metal, glass or ceramic containers
- Avoid phthalates and heavy metals in your personal care products



LIFESTYLE

Lead a healthy overall lifestyle during pregnancy.

- Avoid tobacco, alcohol, and recreational drugs
- Limit caffeine to 200 mg or 12 ounces daily
- Maintain a healthy level of physical activity
- Make time for sleep and establish good sleep habits
- Manage your stress levels
- Strengthen relationships with your partner, family, and friends



MEDICAL

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

- Choose a provider and make your first appointment
- Ensure proper management of chronic conditions
- Check that medications and supplements are safe in early pregnancy
- Obtain medical screening and genetic carrier testing
- Ensure that your immunizations are current
- Manage discomforts and pay attention to health changes



NUTRITION

Consume healthy foods and beverages and vitamins during pregnancy.

- Supplement with a prenatal vitamin with 400 mcg of folic acid daily
- Eat nutrient rich foods: fruits, vegetables, whole grains, and lean protein, keep weight gain minimal
- Minimize sugar, refined grains, and trans fats
- Eat healthy snacks, manage portion sizes, and do not skip meals, eat for one
- Stay hydrated and avoid sugar-sweetened beverages
- Avoid foods with smell aversions



First Trimester Challenge



Congratulations on becoming pregnant!

The Wellness During Pregnancy First Trimester Challenge focuses on the first third of your pregnancy, what is called the first trimester. This is the time from your last period to approximately 12 weeks. This challenge encourages you to practice healthy lifestyle and nutrition habits, optimize health, manage health conditions for a healthy first 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 improve our lifestyle and nutrition habits, minimize environmental exposures and manage our current health and chronic medical conditions. Our actions can keep us focused on enjoying this special time while setting in place knowledge and healthy habits that will pay dividends toward our future physical and emotional health and well-being. If single, this pledge is made by the person choosing to become a parent, whether a woman or man, through pregnancy or through a surrogate.

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 first trimester that will contribute to your wellness and that of your developing child.



Lifestyle



Nutrition



Medical



Environmental

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

1. _____
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1. _____
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1. _____
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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 | |
|--------|---|---|---|---|---|---|---|---|
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| 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"/> | <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"/> | <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"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |