



Passport to Maternal Health: Wellness During Pregnancy, First Trimester



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Healthy Lifestyle During Pregnancy

List 3 or more examples of healthy habits you would like to continue or improve during your first trimester. Be specific about your plans.

Exhibit 2: Guidelines for Exercise

List 2 or more physical activities that you plan to continue or incorporate into your life during pregnancy to maintain fitness.

Exhibit 3: Stress Management

List 3 potential stress reduction practices that you will try to manage during pregnancy.

Exhibit 4: Nutrition & Supplements

Identify 3 ways you can improve your nutrition and lessen the nausea of early pregnancy.

Exhibit 5: Healthy Hydration

List ways you can improve your hydration so you can consume more water and hydrate well.

Exhibit 6: Medical Care in the First Trimester

Review the list of what to expect at your first trimester prenatal exam. Write down 3 questions you can discuss with your healthcare provider related to your history, chronic medical issues, carrier screening, or general pregnancy concerns.

Exhibit 7: Symptoms in Early Pregnancy

Identify 1 or more common symptom of early pregnancy that you didn't expect.

Exhibit 8: Environmental Exposures

Review the guidelines to limit your exposure to environmental toxins and chemicals. List any that you need to eliminate or modify.

Exhibit 9: Food Selection & Safety

List the ways you can improve your food selection: _____

List the ways you can improve food safety: _____

Exhibit 10: Guide to Buying Organic Produce

List any non-organic items that you can currently purchase from the "Dirty Dozen" so you can make note to begin purchasing organic for these items that test high for pesticide use:

Exhibit 11: Guide to Buying Fish

The recommended weekly fish consumption is _____ ounces of safe fish.

List any of the unhealthy fish you currently consume:

Exhibit 12: Healthy Fats and Oils for Cooking

List any oils that you currently use to cook with that you will want to substitute for healthier options:

List oils that you will purchase and start cooking with:

Medium Heat: _____

Medium to High Heat: _____

High Heat: _____