



My Notes about My First Trimester

Think about writing about your first trimester on this page. Or you can ask someone to write down information for you.

You will likely have lots of questions during your first trimester. Here are a few examples of common questions people ask their health care provider:

- *What can I do to help with my morning sickness?*
- *What kind of vitamins are best for me?*
- *Are my medications safe in pregnancy?*

Questions I want to ask:

People I can go to for help and support:

I plan to learn more by:

Changes I plan to make:

My notes about my first trimester:
