



# My Notes about My Third Trimester

**Think about writing about your third trimester and your plans for your birth on this page. Or you can ask someone to write down information for you.**

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

- *Do I need to travel to another community to give birth?*
- *Are there any activities I should stop doing?*
- *Is my unborn baby growing well?*

**Questions I want to ask:**

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**People I can go to for help and support:**

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**I plan to learn more by:**

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**Changes I plan to make:**

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**I can get ready for the birth of my baby by:**

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**My notes about my third trimester:**

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