

# Pregnancy Prep Challenge Planning

## 10 WEEK PREP VISION

Spend some time considering why this pregnancy prep challenge is important to you. How do you want to feel when you're done and what would you like to achieve before starting your pregnancy journey? Come back to this section on the days that seem the hardest over the next 10 weeks - you won't regret it!

- 1 Organization - I want to eliminate clutter that takes my time! Make space, make energy to bring peace and enjoyment.
- 2 Health - I'm taking care of a lot! What about taking care of myself? Focus on nutrition, building muscle, and relaxation.
- 3 Financial - Grow a more frugal and thoughtful money mindset. Be purposeful and creative to reduce spending.

## DAILY GOALS

It's so easy for our day to get away from us. By having a daily list of helpful reminders, we're working to create habits that align with our goals. List out a few things you'd like to be more thoughtful of daily like taking a vitamin, drinking water, or taking a walk.

- Take Prenatal Vitamin
- Drink 128 Ounces of Water
- Track Food in App
- Exercise
- Track Hormones with Mira Analyzer
- Read a Chapter in a Book
- Work towards Weekly Goal
- Reduce My Phone Screen Time

## WEEKLY FOCUS IDEAS

List ten areas you'd like to spend a week intentionally focusing on. This could be organizing a specific room in your home, committing to meal prepping, finishing a book- anything that's meaningful and achievable in a week's time.

- 1 Mudroom
- 2 Kitchen
- 3 Basement
- 4 My Office
- 5 Pantry
- 6 Garage
- 7 Bonus Room
- 8 Guest Bathroom
- 9 Children's room
- 10 Master bath and closet

## NOTES

*This is your chance to challenge yourself, Mama!* Make these ten weeks a time for transformation. What can your life become, and how can you commit to help your future self?

**Tip:** If there are certain things you'd like to do that aren't exactly pregnancy friendly - think moving heavy items, home projects, a wine tasting - consider adding them to your prep list.



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