

# Pregnancy Prep Challenge Week 1 of 10

DAILY GOALS	M	T	W	Th	F	S	Su
● Take Prenatal Vitamin	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Drink 128 Ounces of Water	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Track Food in App	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Exercise	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Track Hormones with Mira Analyzer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Read a Chapter in a Book	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Work towards Weekly Goal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
● Reduce My Phone Screen Time	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## WEEKLY FOCUS Mudroom

I'd like to have a clean and open space to walk into from the garage. My goals are to eliminate unused items from the closets and make more defined areas for outdoor clothing/shoes and cleaning supplies.

This is a good place for me to start because I think it will help me with the rest of my prep plan!

Complete



MillenniMama

## NOTES

*Be proud of your hard work, Mama!* You are one step closer to meeting your pre-pregnancy goals. Putting in the work now will lead to a happier, healthier pregnancy and postpartum experience.

**Tip:** If this week has been more challenging than you anticipated, try taking on an easier weekly focus area from your list next week. Alternate between larger and smaller projects if it makes it easier for you to stick to your larger plan. It's so worth the end result!