Pregnancy Calendar

Pregnancy lasts about 280 days, or 40 weeks (from your last period). This Table starts with the 3rd week; fetus is 1 week old at this point).

Week	Your Body	Baby	Tests
3	Missed Period is the first clue. Some women have all, some or none of the following symptoms at this time: Fatigue, breast tenderness, frequent urination, nausea with or without vomiting	The embryo is about 0.006inch (0.150mm) long	This will be your first visit. Tests include: Complete history, Rh-Factor, Rubella, Blood type, and Pap smear. You may take a home pregnancy test at home before seeing your midwife to confirm the results
4	Same symptoms as week 3	The embryo varies from 0.014 inch to about 0.04 inch (0.36mm to about 1mm) in length	None
5	Increased nausea in some women. Some women don't get nausea at all	0.05 inch (1.25mm) long	None
6	You may have gained some weight, or lost some due to nausea. Breasts become more tender	Crown-to-rump (length from baby's head to its rump or buttocks) is 0.08 to 0.16 inch (2 to 4mm). Heart contractions begin at this time. Limb buds are seen, eyes begin forming	With the proper equipment, a heartbeat can be seen around this time, but usually left for the 11th week
7	None new	Crown-to-rump length of your baby is now 0.16 to 0.2 (4 to 5mm). By the end of this week, your baby will be around 0.44 to 0.52 inch (11 to 13mm) in length	None
8	Uterus is getting bigger, but still not showing. You may experience sciatic-nerve pain	0.56 to 0.8 inch (14 to 20mm) in length. Eyelids form, ears forming, elbows, tip of nose present, fingers and toes begin forming	Your midwife may want to measure your uterus at this point
9	Pelvic exam will show your uterus to be the size of a grapefruit at this time. Waistline becomes thicker	Embryo is 0.9 inch to 1.2 inches (22 to 30mm) in length (about the size of an olive). Baby moves arms and legs, longer fingers, more defined toes, body straightens	No tests this week
10	No major changes in you just yet	Baby is about 1.25 to 1.68 inches (31 to 42mm). Baby	None

		weighs close to 0.18 ounce (5 grams).	
11	Your uterus can be felt in your lower abdomen, above the middle of your pubic bone. Your hair and nails will change. You may lose hair, or find your hair and nails to be growing at rapid speed.	Baby is 1.75 to 2.4 inches (44 to 60mm). Weighing about 0.3 ounce (8grams). Fingernails appear. Chin raises from chest, neck straightens more. Baby is now about the size of a lime.	Use of ultrasound might be used during this week
12	Morning sickness improves. Weight gain in hips and legs. Your nipples are darker, as is the mid-line of the abdomen.	Length of your baby is now almost 2.5 inches (61mm) and weighs between 0.3 and 0.5 ounce (8 to 14 grams). Soon you'll be able to hear your baby's heartbeat	Doppler might be used to hear your baby's heartbeat
13	Stretch marks may appear on your abdomen, breasts, hips or buttocks.	Baby is 2.6 to 3.1 inches (65 to 78mm) long, and weighs between 0.5 and 0.7 ounce (13 to 20grams). During this time, the sex can be determined (if outside of the womb)	None
14	You've started wearing maternity clothes. You will notice new moles, and existing moles will become larger.	Baby is now 3.2 to 4.1 inches (80 to 93mm) long. Weighs almost 1 ounce (25grams)	None
15	You may be able to feel your uterus about 3 or 4 inches bellow your belly button	Baby is 4.2 to 4.5 inches (93 to 103mm) long and weighs about 1.75 ounces (50 grams). Fine hair covers the baby called lanugo hair.	The MSAFP Triple or Quad screening is done on women who have a medical history that indicates risk for some types of birth defects (neural tube defects, Down Syndrome). Women with no risk factors may also elect to have this screening.
16	You may feel your baby move, especially if this is not your first pregnancy.	Baby is 4.3 to 4.5 inches (108 to 116mm) now, and weighs 2.8 ounces (80grams)	
17	If you have not felt your baby move, you will within the next few weeks.	Baby is 4.4 to 4.9 inches (110 to 120mm, or 11 to 12 cm). Fetal weight has doubled in 2 weeks bringing total weight to about 3.5 ounces (100grams)	
18	Back aches. Some women experience nasal problems due to hormonal changes	5 to 5.7 inches (12.5 to 14cm) in length by this week. Weight is about 5.25 ounces (150grams)	Be sure to urinate when you feel the urge; holding in your urine can lead to urinary tract infections.

19	Some dizziness from hypotension, supine hypotension, and/or postural hypotension	Baby is 5.2 to 6 inches (13 to 15cm). Your baby weighs about 7 ounces (200grams)	None
20	You are halfway through now. You might have increased vaginal discharge called leukorrhea. Your abdomen may be itchy from the skin expanding	Baby weighs about 9 ounces now and is about 5.6 to 6.4 (14 to 16cm) long.	Use of ultrasound to determine sex can be done during this week
21	Some swelling in lower legs and feet. Stasis.	Now weighs about 10.5 ounces (300grams), and its length is about 7.2 inches (18cm).	None
22	Normal discomforts of pregnancy, such as dull backache, pelvic pressure, uterine contractions (with or without pain), some vaginal discharge, hemorrhoids, odd food cravings.	Weighs 12.25 ounces (350grams), and 7.6 inches (19cm) in length	None
23	Mood swings continue due to increase in hormones	Baby now weighs almost a pound (455grams), and is about 8 inches long.	
24	No new changes	Baby weighs about 1.2 pounds (540 grams and is around 8.4 inches (21cm) in length	
25	No new changes	Baby is about 8.8 inches (22cm) long and weighs 1.5 pounds (700grams). These numbers vary from one baby to another. Your baby is now at a point that he/she may actually survive if born prematurely.	You will be asked to fast overnight, and then indulge in a sweet breakfast before having your blood drawn for the Gestational Diabetes Screening test.
26	Pressure in pelvis, back pain, leg cramps, rib pain and frequent headaches	Baby is now almost 2 pounds (910grams) and length is around 9.2 inches (23cm)	None
27	Breasts will be a lot heavier. Continue self-breast exams as normal (every 4-5 weeks)	Your baby weighs a little more than 2 pounds (1000grams) and is about 15.3 inches (34cm) in length. Around this time your baby's eyelids open. He/she will start blinking.	Start your prenatal classes
28	No new changes	Baby weighs about 2.4 pounds (1100grams) and its length is close to 10 inches (25cm). Total length is 15.75 inches (35cm)	You will start seeing your midwife every 2 weeks now for check-ups You will be offered another HIV, Hepatitis, and syphilis test. Your iron levels will be checked.

29	No new changes	Baby weighs about 2.7 pounds (1250grams) and is 10.4 inches (26cm) in length. Total fetal length is 16.7 inches (37cm)	None
30	No new changes	Baby is about 3 pounds (1360grams) and 10.8 inches (27cm). Total length is 17 inches (38cm). The umbilical cord may knot (normal)	None
31	No new changes.	Weighs about 3.5 pounds (1600grams), 11.2 inches (28cm), and total length is 18 inches (40cm)	None
32	No new changes	Baby is about 4 pounds (1800grams) now and is 11.6 inches (29cm) in crown-to-rump length. Total length is 18.9 inches (42cm)	None
33	Continued weight gain, heartburn	Your baby should weigh about 4.4 pounds (2000grams) now. Crown-to-rump length is about 12 inches (30cm), and total length is 19.4 inches (43 cm)	None
34	No new changes	Baby weighs almost 5 pounds now (2275grams). 12.8 inches (32cm) crown-to-rump, and total length is around 19.8 inches (44cm)	You will be offered testing for Group Beta Strep.
35	Some women experience anxiety about labor, mood swings	5.5 pounds (2550grams). Crown-to-rump length is 13.2 inches (33cm). Its total length is about 20.25 inches (45cm)	None
36	You have 4 weeks left. Gained between 25-30 pounds depending on your weight before pregnancy.	Baby is now about 6 pounds (2750grams). Crown-to-rump length is over 13.5 inches (34cm), and total length is 20.7 inches (46cm)	You will begin to see your midwife for weekly prenatal appointments. Your iron levels will be checked.
37	No new changes	Your baby weighs almost 6.5 pounds (2950grams). Crown-to-rump length is 14 inches (35cm). Its total length is 21 inches (47cm)	None
38	Some women experience depression in late pregnancy	Weight should be around 6.8 pounds (3100grams). Crown-to-rump length has not changed much; it's still about 14 inches 935cm). Total length is 21 inches 947cm)	None. Your midwife may suggest an internal exam to check for dilation, station, and effacement each week until you deliver your baby.
39	Discomfort from the weight	Baby weight is a little over 7 pounds now (3250grams). By this point in your pregnancy,	Regular prenatal visit

		crown-to-rump length is about 14.4 inches (36cm) and 21.5 (48cm) inches in total length	
40	Anxious about delivery	Baby is about 7.5 pounds (3400grams). Crown-to-rump length is about 14.8 to 15.2 inches (37 to 38cm). Total length is 21.5 inches (48cm)	Regular prenatal visit
41	Will the day ever come? Most first-time moms don't deliver before their due date, in fact, it's more common for them to deliver almost a week late!	Baby continues to grow at a rate of ½ pound per week.	Regular prenatal visit