|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

First Month

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| V | Q | M | O | R | N | I | N | G | S | I | C | K | N | E | S | S | H | Q | Y | R | R | H | O |
| S | D | R | O | Y | S | N | I | M | A | T | I | V | L | A | T | A | N | E | R | P | T | K | E |
| E | G | C | Y | I | F | E | R | H | E | A | L | T | H | Y | D | I | E | T | J | E | Z | B | N |
| N | E | X | T | R | E | M | E | S | A | L | I | V | A | T | I | O | N | S | M | L | X | R | I |
| S | J | D | N | X | S | C | L | A | L | R | W | T | I | C | N | Y | Y | Y | E | C | D | E | T |
| I | F | M | J | S | S | T | J | Z | M | K | S | N | O | Y | V | P | Y | S | V | Y | D | A | U |
| T | I | B | A | B | B | J | O | C | M | Y | E | Y | Y | G | A | Y | C | B | S | C | W | S | O |
| I | R | G | O | P | W | R | B | P | H | H | B | F | P | L | Z | J | V | Y | E | D | S | T | R |
| V | S | Z | H | V | G | P | U | N | D | O | K | X | T | M | D | D | R | R | Y | E | M | T | T |
| I | T | D | R | K | F | X | S | C | D | R | O | K | D | O | G | A | M | L | D | S | R | E | U |
| T | T | A | I | S | A | M | O | L | R | G | U | S | K | I | E | C | J | X | I | S | Q | N | O |
| Y | R | S | C | N | T | E | O | V | H | A | M | G | E | F | W | G | O | O | A | I | J | D | K |
| T | I | Z | M | G | I | I | D | O | C | V | V | R | S | A | P | Z | E | N | S | M | O | E | R |
| O | M | P | N | N | G | Q | M | F | D | A | K | I | U | A | D | W | F | S | T | B | Y | R | O |
| S | E | E | I | I | U | P | M | P | H | S | D | S | N | A | N | O | L | T | S | C | X | N | W |
| M | S | G | M | I | E | V | H | Y | L | I | W | R | S | G | K | D | C | S | E | J | C | E | N |
| E | T | E | D | B | L | S | G | M | V | A | R | I | G | K | S | F | A | T | T | L | B | S | E |
| L | E | I | L | R | R | L | S | K | N | Z | N | V | N | A | K | K | A | L | O | J | I | S | S |
| L | R | S | J | S | T | Y | A | S | K | T | U | T | W | G | F | R | M | K | C | R | J | L | S |
| S | F | W | N | S | S | R | O | J | I | B | E | X | A | O | S | J | H | I | W | O | I | M | E |
| D | N | Y | V | K | P | E | L | J | Q | M | G | X | I | T | E | F | Z | Z | L | G | H | M | L |
| L | V | V | Y | T | T | N | R | B | D | Z | Y | R | Q | O | I | E | Z | Q | M | K | T | O | E |
| N | A | Z | O | G | S | L | K | T | N | T | T | A | Z | A | A | O | D | R | I | Q | G | X | L |
| H | F | T | H | P | C | X | J | B | S | M | V | W | B | P | I | R | N | T | P | U | O | F | X |

   MISSED CYCLE       IMPLANTATION       STOP DRUGS AND ALCOHOL       LESSEN WORKOUT ROUTINE       CHOOSE A DOCTOR       STRESS LESS       PRENATAL VITAMINS       HEALTHY DIET       CRAVINGS       SENSITIVITY TO SMELLS       EXTREME SALIVATION       MOOD SWINGS       BREAST TENDERNESS       EMBRYO       FIRST TRIMESTER       MORNING SICKNESS       TEST SAID YES       FEAR       FATIGUE       JOY