

Overall Discomfort Level Today: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

What I'm Feeling in My Body Today: ☐ Back Pain ☐ Pelvic Pressure ☐ Swelling
☐ Restless Legs ☐ Heartburn ☐ Nausea/Vomiting ☐ Headache ☐ Itching

Other _____

Overall Energy Level Today: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Fetal Movement: ☐ Same as usual ☐ More than usual ☐ Less than usual

If movement feels different than what's normal for your baby, it's always OK to call your provider or head in to be checked - trust your instincts, no explanation needed.

Braxton Hicks/Contractions: ☐ None today ☐ A few/Irregular ☐ More frequent/Regular

Intensity, if any: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Discharge/Mucus Plug: ☐ Normal ☐ Increased ☐ Jelly-like/Thicker ☐ Streaked/Pink Bloody Show

Stool Changes ☐ Normal for Me ☐ Constipated ☐ Looser Than Usual/Diarrhea ☐ Sudden Urge to "Clean Out"

A bout of loose stools in the day or two before labor is common - the same prostaglandins that help ripen the cervix also stimulate the bowels. It's often grouped with nesting energy as one of the body's early signals that labor may be getting close, though it isn't a guarantee on its own.

Hours Slept _____

Sleep Quality (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Hydration: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

THIS WEEK'S MANTRA

"My body knows how to do this, and so do I."

A gentle reminder - please call your provider the same day if you notice: a severe or persistent headache, vision changes, sudden swelling in your face or hands, or itching that's severe, all over, or worse at night, especially on your palms or soles, or a clear change in baby's movement.