

Pregnancy Prep Challenge Week ___ of 10

DAILY GOALS	M	T	W	Th	F	S	Su
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WEEKLY FOCUS _____ *Complete*

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 more manageable for you to stick to your larger plan. It's so worth the end result!



MillenniMama