

# week 20

**Dates:** \_\_\_\_\_  
**Goals:** \_\_\_\_\_  
\_\_\_\_\_

## monday

WEIGHT  PRENATAL SUPPLEMENT  KEGELS

**EXERCISE** \_\_\_\_\_  
**CARDIO:** \_\_\_\_\_  
**RPE / HR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**STRENGTH:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RELAXATION**

**NUTRITION** \_\_\_\_\_  
**CRAVINGS:** \_\_\_\_\_  
\_\_\_\_\_  
**AVERSIONS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY WRAP-UP**

**MEDS / TESTS** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## tuesday

WEIGHT  PRENATAL SUPPLEMENT  KEGELS

**EXERCISE** \_\_\_\_\_  
**CARDIO:** \_\_\_\_\_  
**RPE / HR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**STRENGTH:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RELAXATION**

**NUTRITION** \_\_\_\_\_  
**CRAVINGS:** \_\_\_\_\_  
\_\_\_\_\_  
**AVERSIONS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY WRAP-UP**

**MEDS / TESTS** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**YOUR BABY THIS WEEK:** At this point, baby is about 10 inches long and tips the scales at about 10 ounces, and she sleeps and wakes as much as a newborn does. She's now producing vernix, a creamy white substance designed to protect her delicate skin from the harsh amniotic fluid. New moms used to use it as a hand lotion because of its smooth quality.

## wednesday

WEIGHT  PRENATAL SUPPLEMENT  KEGELS

**EXERCISE** \_\_\_\_\_  
**CARDIO:** \_\_\_\_\_  
**RPE / HR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**STRENGTH:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RELAXATION**

**NUTRITION** \_\_\_\_\_  
**CRAVINGS:** \_\_\_\_\_  
\_\_\_\_\_  
**AVERSIONS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY WRAP-UP**

**MEDS / TESTS** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## thursday

WEIGHT  PRENATAL SUPPLEMENT  KEGELS

**EXERCISE** \_\_\_\_\_  
**CARDIO:** \_\_\_\_\_  
**RPE / HR:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**STRENGTH:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RELAXATION**

**NUTRITION** \_\_\_\_\_  
**CRAVINGS:** \_\_\_\_\_  
\_\_\_\_\_  
**AVERSIONS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DAILY WRAP-UP**

**MEDS / TESTS** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_