

Pregnancy Record

My Starting Statistics		After Childbirth Statistics	
Due Date		Actual birth date	
Estimated birth date		Actual birth time	
My starting weight		Baby's weight at birth	
My starting waist measurement		My weight following childbirth	
My blood type			
My iron count (hematocrit)			

Record of Physician/Midwife Visits

Date of visit							
Weeks of gestation							
My weight							
My blood pressure							
Baby's heart rate							
Lab tests or ultrasounds							
My uterus measurement (fundal height)							
My next appointment is scheduled for							
My waist measurement							

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