

BIRTHING NATURALLY'S
PREGNANCY HEALTH TRACKERS



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In this document you will find a variety of health trackers to help you stay as healthy as possible during this pregnancy. Every family is different, and there is no way to predict what style forms will work the best for you. So everything is included here, from daily meal sheets to monthly health trackers. Print the pages you want to use, ignore the ones that will not work for you.

HOW TO USE THESE FORMS

There are two ways these forms can and will be valuable to you if you fill them out. First, a daily check-list helps to ensure you complete everything you had planned, especially when days are busy and you begin to forget items on your to-do list. Secondly, having several days of meal or exercise information can help you identify ways to make small changes that improve your health.

The secret then, is to actually fill out the forms. Decide how you will use your health trackers, and print the ones that most closely fit your needs. You may want to keep several forms in a folder or keep just one form on the side of your refrigerator. If your needs change, change the forms you use. There is no right or wrong here, as long as you fill out the forms they are working. Customize the system to your needs.

FORM DESCRIPTIONS AND INSTRUCTIONS

PREGNANCY GROWTH TRACKER: Keep a visual record of your weight gain and belly growth for fun or to ensure you gain weight appropriately. To use the weekly belly growth, measure your belly at the widest place each week and record either the total size in inches or centimeters, or record the increase from your pre-pregnancy size.

To track your weight gain, locate 0 on the left side of the chart grid. This will be your pre-pregnancy weight. Each week weigh yourself and record your weight as compared to your pre-pregnancy weight. For example, if your pre-pregnancy weight is 145 pounds, and on week 10 you weigh 149 pounds, you will put a mark at "4" on column 10.

Because some women lose weight in the first few weeks of pregnancy, negative numbers are provided to indicate weight loss. For example, if your pre-pregnancy weight is 145 pounds and on week 5 you weigh 142 pounds, you will put a mark at "-3" on column 5.

NATURAL CHILDBIRTH EXERCISE LOG: This simple form concentrates on the exercises recommended to prepare for a natural childbirth; Kegels, pelvic rocks, tailor sitting, squats and daily activity to increase endurance.

To use, simply check off the exercises each day as you complete them. Some women find it easier if they write in the days of the month on the calendar before beginning. Using this chart will help you remember to complete the natural childbirth exercises each day and reviewing this chart will help you identify gaps in your natural childbirth preparation.

MONTHLY EXERCISE LOG: This simple form will help you ensure you complete the minimum recommended exercise during and after pregnancy. To use, simply check off the exercises each day as you complete them. Some women find it easier if they write in the days of the month on the calendar before beginning.



WEEKLY HEALTH LOG : This form combines nutrition and exercise data in one page. Each column represents one day.

Nutrition: Begin by noting the food-group check lists at the bottom of the meal section for each day. Determine how many servings you plan to eat of each food group per day and black out the remaining squares. As you eat, write down the foods you have selected under the appropriate heading and check off the correct number of servings for each food group. Later in the day you can use the food-group checks to make the healthiest choices for the remaining meals and snacks. Reviewing the sheet at the end of the week will allow you to find any areas where your nutrition could be improved.

Exercise: If you plan your weekly exercise schedule you can black out types of exercise you do not plan to do on specific days. After you complete an exercise activity for a day, use the check box to indicate it is done. You can also write in the number of Kegels completed to watch your progress. Under comments you can write the type of exercise you completed, how long it took or your thoughts about how to change the exercise.

On the top of the sheet is a box with the minimum recommended amounts of each type of exercise for a week. Filling in this quick tracker during the week can help you decide what exercise to select on a day. Filling in the quick tracker at the end of the week can help you identify areas where your exercise could be improved.



MENU PLANNING WORKSHEET: This form can be used to help you learn to eat according to the Brewer Pregnancy Diet. Use the first column to plan out a day of meals. At the bottom, cross off the food groups as you add them to your menu. Your menu is not complete until you have checked off all the servings.

As you go through your day, write in what you actually eat, checking off food groups at the bottom as you eat them. Make a notation next to places where you were not able to eat according to your plan.

At the end of the day review your planned and actual eating. Where they differ? If so why? Was there a specific food group that you were not able to eat enough servings from? What changes could you make to improve your nutrition?

30 DAY FETAL MOVEMENT RECORD: Some women enjoy having written records of their physical pregnancy experience. Other women desire to track their baby's movements when a possible problem exists. Either way, this movement record can help.

Begin by writing the date and time you begin tracking movements. Place an X in the box for each distinct movement which includes kicks, rolls, wiggles and other movements initiated by your baby. When you place an X in the 10th box record the time.

Using the start and stop times, determine the total amount of time it took to achieve ten movements and record it in the appropriate column. Use the comments column to record any related information such as changes in nutrition or rest patterns that may affect baby (i.e. extra caffeine, long ride in car, etc.). Alternately you can use the comments column to record your feelings or personal information you would like to remember.

PELVIC FLOOR PREPARATION LOG: Use this handy calendar to remind you to prepare for pushing every day. Directions for perineal massage and kegel exercises are included. Simply write in the dates and check off the exercises as you complete them each day.

Monthly Exercise Log



For the Month of: _____

Goal: _____

Plan: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes	<input type="checkbox"/> Kegel <input type="checkbox"/> Cardio <input type="checkbox"/> Strength <input type="checkbox"/> Stretch Notes
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Recommendations for General Health:

Participate in aerobic activities for 30 minutes 3 or more times per week.

Participate in strength activities 2 times a week

Participate in stretching activities for 30 minutes 3 times a week.

Menu Planning Worksheet

Birthing Naturally

Planned Meals	Actual Meals
Breakfast	Breakfast
Snack	Snack
Lunch	Lunch
Snack	Snack
Dinner	Dinner
Snack	Snack
Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & Veg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Total Protein:	Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Dairy <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit & Veg <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Total Protein:

30 Day Fetal Movement Record

*Birth*ing Naturally

	Date	Start Time	1	2	3	4	5	6	7	8	9	10	Stop Time	Total Time	Comments
1															
2															
3															
4															
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Perineal Massage Directions

1. Wash hands thoroughly. Ensure there are no sharp or long nails that may scratch the mother.
2. Locate the perineum, directly below the vagina. It is the skin between the vagina and the anus. Apply some cold pressed and pure oil (such as olive or almond oil) to this skin.
3. Place the thumbs at the base of the vagina, allowing them to slide inside the vagina (to about the first joint) moving some oil with them.
4. Using gentle but firm pressure, move the thumbs from the base of the vagina up the side walls as if you were making a "U". If comfortable enough, hold this stretch for ten seconds.
5. Return the thumbs to the base of the vagina, and repeat procedure for ten minutes.

Kegel Exercise Directions

1. To begin, try to isolate the pelvic floor by contracting it as if you were trying to stop the flow of urine. Do not worry at first about letting go of the contraction, just let it relax on its own.
2. The second step is to learn how to let go of the contraction.
3. Then begin building the strength of the muscle by holding the contraction for 1 second, then 2 seconds and eventually up to 3 seconds.
4. When you are strong enough to hold the contraction for 3 seconds, increase your control of the muscle by contracting a little, then a little more, then all the way. Learn to contract the muscle in increments before you begin to learn to relax the muscle in increments.
5. The last step is to learn to relax, or bulge the muscle. This is the same movement you use to release the flow of urine. After contracting the muscle, bulge it out (if you have difficulty determining if the muscle is bulged, put your hand along the perineum. You should feel it bulge out as you relax the kegel muscle).