

Early Pregnancy Checklist

AM I PREGNANT?

- Is your period more than 2 days late?
- Have you felt any changes in your breasts?
- Soreness, heavier, nipple changes?
- Have you experienced spotting?
- Sleeping regularly but still feeling wiped out?
- Do you have a metallic taste in your mouth?
- Do you have any other symptoms in combination?
(headaches, nausea, food aversions, cravings)

NEXT STEPS

- Schedule a free confidential consultation appointment with us to explore your options in a safe, supportive place.