



# EARLY PREGNANCY SYMPTOM CHECKLIST

- ☐ Missed period
- ☐ Light spotting/implantation bleeding (pink or brown, lighter than your period)
- ☐ Mild cramping or abdominal twinges
- ☐ Sore, swollen, or sensitive breasts
- ☐ Fatigue or extreme tiredness
- ☐ Nausea or morning sickness
- ☐ Food aversions or cravings
- ☐ Heightened sense of smell or taste
- ☐ Frequent urination
- ☐ Constipation or bloating
- ☐ Mood swings or irritability
- ☐ Headaches
- ☐ Feeling unusually warm or flushed
- ☐ Dizziness or lightheadedness
- ☐ Lower backache or pelvic pressure
- ☐ Vivid dreams
- ☐ Increased vaginal discharge
- ☐ Metallic taste in mouth
- ☐ High basal body temperature (if you're tracking)

Other symptoms: \_\_\_\_\_