

My Pregnancy Journey



A keepsake log, week 8 to week 40

this journal belongs to

my due date

You. Your baby. Your journey.

BLACK MOM EXCELLENCE

Dear Mama,

Your pregnancy is more than a countdown to your baby's arrival. It's a journey filled with moments worth remembering: big milestones, quiet reflections, unexpected cravings and dreams for the future.

This journal is your space to capture those moments, one week at a time. Write a lot or a little. Skip a week if you need to. There's no right way to fill these pages; they're simply here to hold your story.

And one day, these pages may become a gift: a way to tell your little one about the season when you were waiting to meet them.

You matter. Your baby matters. This journey matters.

With love,
The Black Mom Excellence Team



The Day I Found Out



A page for the moment everything changed. You might remember:

Where was I, and who was with me?

How did I find out, and what was my very first thought?

Did I tell anyone? How did they react?

What do I want *my baby* to know about this day?

one word for how I felt

a photo of my test
or a sketch

You matter. Your baby matters. This journey matters.

Week 8



Baby is about the size of a raspberry

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 9



Baby is about the size of a cherry

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 10



Baby is about the size of a strawberry

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 11



Baby is about the size of a lime

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 12



Baby is about the size of a plum

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 13



Baby is about the size of a lemon

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 14



Baby is about the size of a peach

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 15



Baby is about the size of an apple

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 16



Baby is about the size of an avocado

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 17



Baby is about the size of a tomato

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 18



Baby is about the size of a bell pepper

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 19



Baby is about the size of a mango

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 20



Baby is about the size of a sweet potato

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 21



Baby is about the size of a carrot

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 22



Baby is about the size of a small papaya

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 23



Baby is about the size of a spaghetti squash

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 24



Baby is about the size of an ear of corn

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 25



Baby is about the size of a rutabaga

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 26



Baby is about the size of a zucchini

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 27



Baby is about the size of a head of cauliflower

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 28



Baby is about the size of an eggplant

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 29



Baby is about the size of a butternut squash

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 30



Baby is about the size of a cabbage

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 31



Baby is about the size of a coconut

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 32



Baby is about the size of a jicama

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 33



Baby is about the size of a pineapple

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 34



Baby is about the size of a cantaloupe

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 35



Baby is about the size of a honeydew melon

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 36



Baby is about the size of a head of romaine lettuce

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 37



Baby is about the size of a winter melon

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 38



Baby is about the size of a leek

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 39



Baby is about the size of a small pumpkin

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones

Week 40



Baby is about the size of a watermelon

thoughts and feelings

notes on names, things to do and more

cravings and aversions

appointment dates and milestones
