WEEK-BY-WEEK LOG

Just for fun, it's a lovely idea to measure your bump, weight and note the size of your babies during scans on this weekly planner. Just plot information as and when you can. You can also keep track of things like cravings and food aversions in the notes column – it's amazing how quickly you forget these details and also how they can change over the course of your pregnancy.

Create a memento that I guarantee you will love to read in a few years from now.

If you like this idea, please share your thoughts on social media using the hashtag **#PracticalGuidetoTwinsTripletsandMore** and tag me **@TalesofaTwinMum** on Instagram, Twitter and Facebook.Go on, make my day ☺

WEEK	WAIST MEASUREMENT	WEIGHT	SIZE OF BABIES AT SCAN	NOTES ON CRAVINGS/HOW YOU'RE FEELING
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
15				
16				
17				

Find me on your favourite social media as TalesofaTwinMum

WEEK	WAIST MEASUREMENT	WEIGHT	SIZE OF BABIES AT SCAN	NOTES ON CRAVINGS/HOW YOU'RE FEELING
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				

Find me on your favourite social media as TalesofaTwinMum