



Motherhood Survival Plan: Pregnancy

BY JILL ZECHOWY, MD, MS

What can you take off your plate?

Connection & Support Plan:

Partner Communication Goals:

Cognitive Skills to Practice:

Sleep Plan:

Physical Activity Goals:

Nutrition Goals:

Survival Tools to Implement:

What things can you do to enjoy your pregnancy? What are you proud of?



Motherhood Survival Plan: Postpartum

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Help & Support:

Connection Plan:

Partner Communication Goals:

Cognitive Skills to Practice:

Sleep Plan:

Physical Activity Goals:

Nutrition Goals:

Survival Tools to Implement:

Ways I can turn down my baby radar:
