

# Pregnancy Morning Routine

✨ You've got this, Mama! ✨

	 Wake Up Slowly & Stretch Gently	 Hydrate First Thing	 Have a Balanced Breakfast	 Affirmations	 Move Your Body	 Get Ready for the Day	 Plan Your Day with Ease
Mon							
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							

Some mornings may be smooth, others may feel tough—and that's okay! Give yourself grace, listen to your body, and start the day with love.