



BIRTH PLAN

Appointments and Exercise Schedule

	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										

Family and Friend Assignments

	Mom	Dad							
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

Places Check-List

Place	Item 1	Item 2	Item 3	Item 4	Item 5

