

Level 1 MAP



I am looking to make a change. I know it is time to do something different. What I'm doing now is not working. I don't really feel my best, but I just don't know where to begin. Information just feels overwhelming and I'd like to make progress, but somehow I also doubt that it is possible. I'm looking for small, digestible advice that I can integrate over time.

I'm committing, but I also need help along the way. I want to achieve consistent, small victories and build upon them for success. I need a plan that is do-able on a regular basis and fits with my current lifestyle. In 8 weeks, I want to feel more confident and healthy. I don't want to feel held back by fear anymore. I want to find movement that I enjoy and that helps me feel less limited in my everyday life. I'm ready for my map from Pregnancy Prepared!

Let's Get Started





Week 1

- ☐ Watch "Course Introduction" video
- ☐ Print or download Workbook PDF
- ☐ Complete "Health Assessment" (page 5 in Workbook)
- ☐ Review the Lab Work (page 9 in Workbook)
- ☐ Enter values for any lab work completed in the past 6 months; schedule lab work if it's been >6 months
- ☐ Walk 2x/week for 10-20 minutes
- ☐ Complete "Movement with Dr. Jill, PT" Session 1

Week 2

- ☐ Watch "Exercise Video" in your module
- ☐ Complete "Goal Setting" (page 4 in Workbook)
- ☐ Review "Workout Routine" worksheet (page 17 in Workbook)
- ☐ Walk 2x/week for 10-20 minutes
- ☐ Review "Exercise Quick Tips" (page 21 in Workbook)
- ☐ Complete "Movement with Dr. Jill, PT" Session 2

Week 3

- ☐ Watch "Nutrition Video" in your module
- ☐ Review the "Sample Meal Matrix" (page 14 in Workbook)
- ☐ Walk 2x/week for 10-20 minutes
- ☐ Complete "Movement with Dr. Jill, PT" Session 3
- ☐ Complete "Movement with Dr. Jill, PT" Session 4

Week 4

- ☐ Print "Food List" (page 10 in Workbook; pages 11-12 optional)
- ☐ Begin creating your own Meal Matrix (page 13 in Workbook)
If applicable, review "Pregnancy Complaints" (pages 27-28 in Workbook)
- ☐ Walk 2x/week for 10-20 minutes
- ☐ Complete "Movement with Dr. Jill, PT" Session 5
- ☐ Complete "Movement with Dr. Jill, PT" Session 6



Week 5

- ☐ Watch “Pelvic Floor and Core Stability” video in your module
- ☐ Review “Choosing Activities” (pages 18-20 in Workbook)
- ☐ Review “Environmental Toxins” (page 29 in Workbook)
- ☐ Walk 2x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 7
- ☐ Complete “Movement with Dr. Jill, PT” Session 8

Week 6

- ☐ Choose 5 foods for each category on the Meal Matrix that fits your family’s preferences and budget
- ☐ Review “Posture and Alignment” (page 22 in Workbook)
- ☐ Walk 2x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 1
- ☐ Complete “Movement with Dr. Jill, PT” Session 2

Week 7

- ☐ Review “Sleep Hygiene and Mental Health” (page 26 in Workbook)
- ☐ Review applicable “To Do List” for your module (pages 30-32 in Workbook)
- ☐ Walk 3x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 3
- ☐ Complete “Movement with Dr. Jill, PT” Session 4
- ☐ Complete “Movement with Dr. Jill, PT” Session 5

Week 8

- ☐ Review “Fertility Awareness Methods” (page 8 in Workbook)
- ☐ Utilize “Cycle Tracking” (page 6 in Workbook) or research a cycle charting coach, if interested
- ☐ Review “Additional Resources” (page 33 in Workbook)
- ☐ Walk 3x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 6
- ☐ Complete “Movement with Dr. Jill, PT” Session 7
- ☐ Complete “Movement with Dr. Jill, PT” Session 8