

Level 2 MAP

I like to move my body and I have been on a journey of building up solid health habits. Movement for me is usually best in a fun, group setting or walking with a friend to catch up. I like to make healthy choices, but I also am realistic about what I can integrate into my routine. Exercise and nutrition are important to me, but they are not a top priority. I need practical tools and tips that are simple to put into practice. I'm open to growing and learning more, but it will take me some time to get everything set into my routine.

I sometimes feel like I am operating on overload. Having someone walk me through the most important steps I can take is helpful to me. I want to get the biggest impact for the time and energy I invest into my health. In 8 weeks, I want to feel like I have more energy for my everyday life. I want to feel I've made a change to how I look, feel, and that I have more confidence in how to maintain the success I built. 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
- ☐ Complete “Movement with Dr. Jill, PT” Session 2

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 3
- ☐ Complete “Movement with Dr. Jill, PT” Session 4

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 5
- ☐ Complete “Movement with Dr. Jill, PT” Session 6

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 7
- ☐ Complete “Movement with Dr. Jill, PT” Session 8



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 3x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 1
- ☐ Complete “Movement with Dr. Jill, PT” Session 2

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 3x/week for 15-25 minutes
- ☐ Complete “Movement with Dr. Jill, PT” Session 3
- ☐ Complete “Movement with Dr. Jill, PT” Session 4

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 5
- ☐ Complete “Movement with Dr. Jill, PT” Session 6
- ☐ Complete “Movement with Dr. Jill, PT” Advanced Pelvic Stability

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 7
- ☐ Complete “Movement with Dr. Jill, PT” Session 8
- ☐ Complete “Movement with Dr. Jill, PT” Advanced Upper Quarter Stability