

# Level 3 MAP

I absolutely love being active! It's part of what I enjoy about myself and about my life. I have a strong desire to keep up the routine that I love. I know things have to change a little and I want to make sure my health and safety related to pregnancy are a priority. I'm preparing for or adapting to a new little one! This all feels so new. What will my new life look like?

How will I continue to be active and care for my family the way I desire to? I'm looking for someone to walk me through this process! My life and body are changing and I need to learn how to support it! I want to be active long-term, stay fit, avoid pain and injuries, and keep up with my growing family! I need to know the best way to keep myself healthy and safe so I can continue to do what I love! 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 or perform personal workout routine 3x/week for 15-25 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 or perform personal workout routine 3x/week for 15-25 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 or perform personal workout routine 3x/week for 15-25 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 or perform personal workout routine 3x/week for 15-25 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