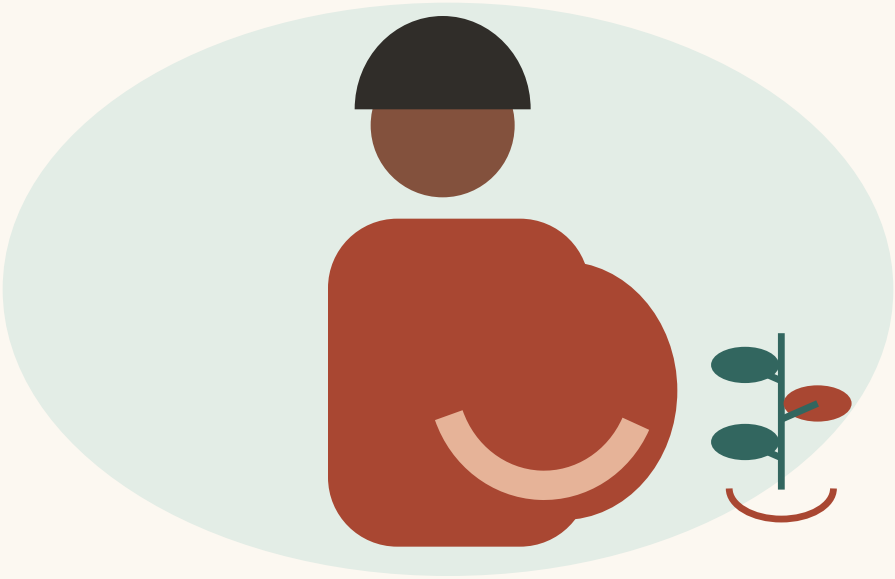
CYCLELIFE / CYCLESAFE

My Pregnancy Journey

A CycleSafe Guide and Journal



Learn about your body. Make room for your questions. Write your own story.

Printable + type-in PDF / Personal-use edition

YOUR STORY, YOUR PACE

Welcome to your journal

Your body changes. You deserve support that helps you feel heard. This book offers simple explanations and space for your own words.

Read any chapter first. Skip a prompt, leave a page blank, or return later. You do not need to complete every page.

Use it on screen or on paper

Type short notes in the outlined boxes using a PDF app that supports forms. Save a private copy and check that your notes remain when you reopen it. You can also print the pages and write by hand. Keep entries brief; text that scrolls in a field may not print.

Health education, not medical care

This book does not diagnose health problems or replace your healthcare team. Do not start, stop, or change medicines based on this book. It is written for a U.S. audience. In an emergency, call 911.

Your notes are your choice

This journal is not watched by a care team. Do not use it to ask for urgent help. Keep personal notes somewhere safe. You choose which pages to share. Printed pages and saved files do not have the same privacy features as an app account.

Personal-use edition

You may save and print this edition for your own use. Please do not resell it or share copies for others to use. This is a digital product; no physical book is included.

CycleLife / Edition 1.0 / November 2026. Developed from CycleLife source materials with AI-assisted writing and design.

FIND WHAT YOU NEED

Inside this book

Each chapter has two learning and planning pages, followed by two pages for your own notes.

01 Your Pregnancy, Your Questions / 5

02 Your Changing Body and Feelings / 9

03 Visits, Tests, and Results / 13

04 Food, Movement, Rest, and Daily Care / 17

05 Changes That Need Medical Help / 21

06 Getting Ready for Birth / 25

07 Understanding Induction and Birth Options / 29

08 Your Birth Preferences and Support Plan / 33

09 Recovery After Birth / 37

10 Emotional Health and Asking for Support / 41

11 Looking Back and Moving Forward / 45

My Journey, My Next Steps / 49

My Notes and My Care Visit / 50-51

Words Made Simple / 52

Sources and Helpful Reading / 53-54

Your Pregnancy, Your Questions

Your pregnancy story belongs to you. You may feel hopeful, unsure, worried, or several things at once. This book gives you a place to learn, ask questions, and make notes.



Notice



Ask



Plan together

Start where you are

You do not have to know everything today. Start with the question that matters most to you. You can read this book in order or go straight to a topic you need. Skip any writing prompt that does not feel right.

Build your care team

Pregnancy care may include a doctor, midwife, nurse, and other health workers. Ask who handles your questions between visits. Find out where to go at night or on weekends. Keep those details on your contact page.

Source guide: P1. See the source pages at the back.

Care and planning

Make room for your voice

Tell your team what helps you feel safe and understood. You can ask for an interpreter, a support person, or a clearer explanation. Before a test or exam, ask what will happen and why it is suggested. Ask again when you need more time.

Questions for your care team

- Who should I call between visits?
- What care do I need next?
- How can I get language or access support?

My planning page

Optional notes. This is not a diagnosis or a medical care plan.

My main question today

Who I can contact for help

My next visit or care task

Take with you: Your questions belong in your care plan.