First Candle

• Helping Babies Survive & Thrive •

I start counting today (date, dd.mm.yy) ☐☐.☐☐.☐☐ My due date is (dd.mm.yy) ☐☐.☐☐.☐☐ I normally count between (time): ☐☐.☐☐ and ☐☐.☐☐

WEEKDAYS

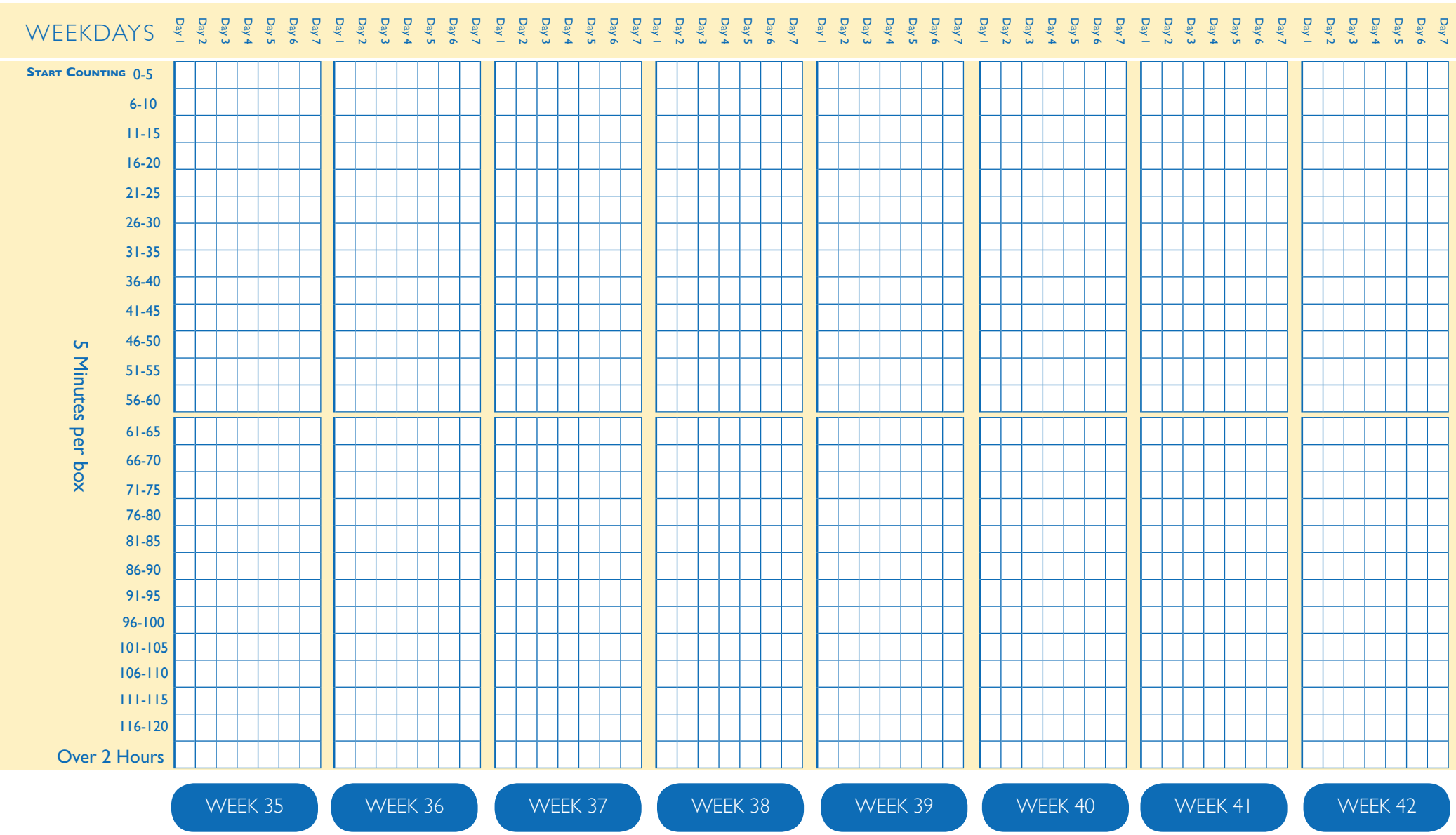
Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

START COUNTING 0-5

5 Minutes per box

6-10
11-15
16-20
21-25
26-30
31-35
36-40
41-45
46-50
51-55
56-60
61-65
66-70
71-75
76-80
81-85
86-90
91-95
96-100
101-105
106-110
111-115
116-120
Over 2 Hours

WEEK 28 | WEEK 29 | WEEK 30 | WEEK 31 | WEEK 32 | WEEK 33 | WEEK 34



First Candle
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