

 Together for her presents

**Kick to
cradle**

Weekly Report

Sample Report

Your customised report will start from next week

Let's get started →





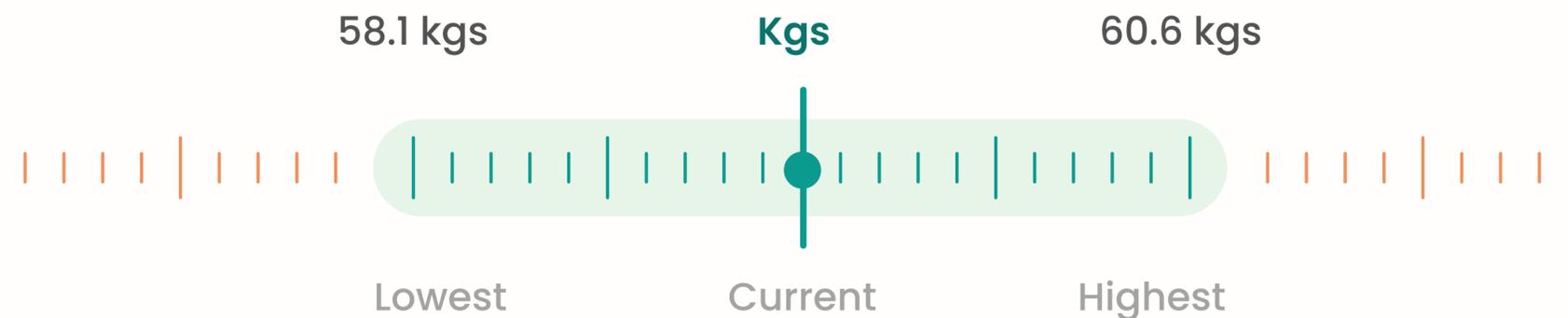
On Track

Congratulations Sneha! You are doing awesome!!!

“Pregnancy is an amazing journey, an extraordinary time when a woman can watch her body change and grow as a new life develops inside her.” – Linda Wooten

Weight

58.6



Yay Great! You are right on track

Baby's Growth Week 22



Hey Mom,

How have you been? I have been busy growing and am as big as a papaya. I don't look anything like that though – I am so much cuter! Also strong – I am sure you felt my super ninja kicks. Also smart – my brain is becoming bigger everyday. Thank you for keeping me and my brain fed!

This is what I am doing with the food you give me!

Love,

The world's cutest, smartest, strongest baby



I am as big as a papaya this week.

Wt: 660g

Ht: 34.6 cm

Next week is an exciting one!



Have a peek at the upcoming week 

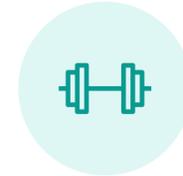
Coming up next week →



Diet

Sneha, to maintain rich nutrition for a healthy baby, we suggest

- Eat at least one fruit a day
- Drink 7 glasses of water daily
- Drink milkshakes from diet plan



Fitness

Sneha, to stay fit & strengthen the body for pregnancy, we suggest

- Attend 3 yoga sessions for the week



Keep track of your goals. See how you did next week. We know you will rock it! All the best!

Upcoming Week Schedule

📅 January 09–15, 2023

Week 22

9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday	15 Sunday
<div style="background-color: #008080; color: white; padding: 5px; margin-bottom: 5px;">Weekly checkin</div> <div style="background-color: #f9a825; padding: 5px;">Yoga Class</div>		<div style="background-color: #f9a825; padding: 5px;">Yoga Class</div>		<div style="background-color: #f9a825; padding: 5px;">Yoga Class</div>		

Upcoming next week

- Yoga Class
9th Jan, 8:00 am to 9:00am

- Yoga Class
11th Jan, 8:00 am to 9:00am
- Yoga Class
13th Nov, 11:00 am to 12:00pm

- Weekly Checkin
9th Jan, 8:00 am

● Classes ● ANC Classes ● Kick to cradle



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Week XX Done!



See you next week

Sneha Sharma