



Join PregSource® to Track Your Pregnancy and Improve Health Care for Other Moms-to-Be

This research project lets you track

- weight
- sleep
- mood
- nausea
- physical activity

while helping researchers study pregnancy. Use the confidential website to compare experiences with other women and get expert health information.

Visit pregsource.nih.gov to learn more.



PregSource® is a registered trademark of the U.S. Department of Health and Human Services.



Join PregSource® to Track Your Pregnancy and Improve Health Care for Other Moms-to-Be

This research project lets you track

- weight
- sleep
- mood
- nausea
- physical activity

while helping researchers study pregnancy. Use the confidential website to compare experiences with other women and get expert health information.

Visit pregsource.nih.gov to learn more.



PregSource® is a registered trademark of the U.S. Department of Health and Human Services.