

# MULTIPLE MICRONUTRIENT SUPPLEMENTS (MMS) CALENDAR

INDICATE LMP \_\_\_\_\_ DD / MM / YYYY

## 1st Trimester (1 to 3 months)

Attend at least 1 antenatal care (ANC) visit in the 1st trimester and start taking 1 tablet of MMS everyday

Baby starts to develop in the mother's womb

**Month 1**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk1							
Wk2							
Wk3							
Wk4							

The heart is beating. Eyes, legs, hands and ears are developing

**Month 2**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk5							
Wk6							
Wk7							
Wk8							

The stomach and other organs continue to develop fast

**Month 3**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk9							
Wk10							
Wk11							
Wk12							
Wk13							

## 2nd Trimester (4 to 6 months)

Attend at least 2 antenatal care (ANC) visits in the 2nd trimester and continue taking 1 tablet of MMS everyday

Mother can feel baby's movements

**Month 4**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk14							
Wk15							
Wk16							
Wk17							

If scanned, It can be known if the baby is a boy or girl

**Month 5**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk18							
Wk19							
Wk20							
Wk21							

The baby is more active with strong movements

**Month 6**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk22							
Wk23							
Wk24							
Wk25							
Wk26							

## 3rd Trimester (7 to 9 months)

Attend at least 5 antenatal care (ANC) visits in the 3rd trimester and continue taking 1 tablet of MMS everyday

The baby can blink and dream

**Month 7**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk27							
Wk28							
Wk29							
Wk30							

The baby continues to grow stronger and is kicking

**Month 8**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk31							
Wk32							
Wk33							
Wk34							
Wk35							

The baby is fully grown and ready for birth

**Month 9**



	SUN	MON	TUE	WED	THUR	FRI	SAT
Wk36							
Wk37							
Wk38							
Wk39							
Wk40							

This calendar helps you to remember how and when to take multiple micronutrient supplements (MMS)

### Instruction for use

- The healthcare provider will indicate the date you start taking your MMS on the corresponding day of that week
- Pregnant woman ticks (✓) each day she takes MMS
- Pregnant woman crosses (X) each day she fails to take MMS

INDICATE EDD \_\_\_\_\_ DD / MM / YYYY



THE POWER OF  
nutrition<sup>72</sup>

