



Steady & Strong
WELLNESS

A FREE PRINTABLE

Prenatal Exercise Safety Checklist

move with confidence

Warning signs, questions for your provider, the talk test, and a before-you-start checklist, based on ACOG guidance. Print it and keep it with your workout gear.



check in Before You Start

For most healthy pregnancies, ACOG and the 2019 Canadian guideline recommend at least **150 minutes of moderate activity a week**, spread over at least three days, including some strength training. Use this checklist before you begin (or continue) exercising.

- ☐ I have talked with my provider about exercise in this pregnancy
- ☐ I have asked whether any condition means I should avoid or modify exercise
- ☐ I know the warning signs that mean stop and call (next page)
- ☐ I have water nearby and have eaten in the last 1-2 hours
- ☐ The space is cool, well-ventilated and clear of trip hazards
- ☐ I am wearing supportive shoes and a supportive bra
- ☐ I have a plan for easier options if I feel tired or off today
- ☐ I will skip contact sports, fall-risk activities, scuba diving and hot yoga
- ☐ I will avoid lying flat on my back if it makes me dizzy or unwell (roll to my side)
- ☐ I will exhale on effort and avoid holding my breath and straining

The talk test

Moderate intensity means you are breathing harder but can still talk in full sentences. That is roughly 12-14 on the Borg 6-20 exertion scale ("somewhat hard").

- **Can sing?** You can work a little harder.
- **Full sentences?** Just right.
- **Only a few words?** Ease off.

Heat & hydration

- Sip water before, during and after exercise.
- Choose cool rooms and cooler times of day; skip hot yoga and midday heat.
- Wear light layers you can remove.
- Stop if you feel overheated, dizzy or nauseous.

My movement minutes this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total



listen to your body Know When to Stop

! Stop exercising and call your provider if you notice:

- Vaginal bleeding
- Regular, painful contractions
- Fluid leaking from the vagina
- Shortness of breath before exercising
- Dizziness or feeling faint
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling

In an emergency, call 911 (or your local emergency number).

Conditions to discuss with your provider

ACOG lists these as reasons to avoid aerobic exercise (absolute) or to tailor it carefully with your provider (relative). They are conversation starters, not self-diagnosis.

ABSOLUTE

- Significant heart disease
- Restrictive lung disease
- Incompetent cervix or cerclage
- Multiples at risk of premature labor
- Persistent 2nd/3rd-trimester bleeding
- Placenta previa after 26 weeks
- Premature labor now
- Ruptured membranes
- Preeclampsia or pregnancy-induced high blood pressure
- Severe anemia

RELATIVE

- Anemia
- Unevaluated heart arrhythmia
- Chronic bronchitis
- Poorly controlled type 1 diabetes, high blood pressure, seizure disorder or hyperthyroidism
- Extreme morbid obesity or extreme underweight
- Extremely sedentary lifestyle
- Fetal growth restriction
- Orthopedic limitations
- Heavy smoking

♥ Want the full plan?

The Steady Pregnancy: Trimester-by-Trimester Strength Guide has complete workouts for every trimester, an exercise library and printable trackers. Find it at SteadyAndStrongWellness.com.

Please note: This checklist is educational and is not medical advice. It does not replace care from your doctor, midwife or other healthcare provider. Always follow your provider's guidance. Steady & Strong Wellness is not a medical provider. © 2026 Steady & Strong Wellness. For personal use only. Please do not share or redistribute.

Sources: ACOG Committee Opinion No. 804, Physical Activity and Exercise During Pregnancy and the Postpartum Period (2020); Mottola MF et al., 2019 Canadian guideline for physical activity throughout pregnancy, Br J Sports Med (2018); U.S. HHS Physical Activity Guidelines for Americans, 2nd ed. (2018).