

8-12 weeks' gestation
Weight gain recommendations,
Physical activity counseling

16-18 weeks' gestation
Booster for physical activity
Dietary counseling, weight development

22-24 weeks' gestation
Booster for physical activity and dietary
counseling, weight development

32-34 weeks' gestation
Booster for physical activity and dietary
counseling, weight development

36-37 weeks' gestation
Booster for physical activity and dietary
counseling, weight development

**Monthly thematic
meetings on physical
activity**

**Meetings finish 37-39
week's gestation**

