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hands down to an all-in-one app that prepares you right from conceiving to raising your little one!². Personally, I loved the fact that you can feed all your information in the app and it allows for comprehensive data collection. It is more about lifestyle management for moms-to-be. It also has 3D renderings of your baby's developments. If you want an app that just helps you provide the information on what to expect in the coming days of your pregnancy journey, then this app is appropriate for you.¹¹. This includes your partner as well. Hello Belly!image Credits: playstore.comThis is one of the cutest apps that you must download if you're pregnant. I have made quite a few friends through the app and I really recommend it.⁸. 280 DaysiOS Rating - 4.2Android Rating - 4.2We have an interesting app in our list of the best pregnancy apps - 280 Days. From fetal movement to nutrition to your workout, everything can be viewed in graphs. It's very simple to use and it tracks your baby's anatomical growth week-by-week. Yes, you heard it right. But I wish I had everything in one place like a book. Perhaps I think the gods have heard my cry and here's an app that allows you to journal your journey throughout your pregnancy and allows you to convert it into a book. The best feature is getting connected to moms near your place. It has weekly analysis of the growth of your baby and your body and some useful tips. You can connect with international moms-to-be and more features! You can track your ovulation and it also includes due date calendar.³. Sprout PregnancyiOS Rating - 4.7Android Rating - 4.6Image Credits: Sprouts.comWell, we have included Sprout in our list of best pregnancy apps because of the unique feature of 3D video renderings of your womb, which is quite similar to medical imaging. However, there are no features like 3D rendering or a social networking. But a few times, I used to wonder if I should follow the old grandma tricks or the modern science related recommendations of a new mother. Lol! I'm not scaring you with these statements. There is also a weight tracker and a kick counter. Let us know by tweeting us @shilpa1ahuja and share your pregnancy and motherhood journey by posting a picture and tagging us @shilpaahujadotcom on Instagram!Sahana is a Senior Staff Writer at ShilpaAhuja.com. Personally I loved this app so much that most of my pregnancy journey was covered with this app. It was her sheer love for fashion that made her quit the monotonous 9 to 5 job to pursue a career in the fashion industry. The pictorial representations are simple and easy to understand. It almost looks like your baby's selfies ☺ This is the closest you can get a look of your baby before delivery.It has other features like kick counter, contraction timer, a shopping list of the things you may need during your pregnancy and may more.¹⁴. So, this app has covered everything! It will be your fitness and wellness coach, which helps you with your nutrition, workouts, meditation and more. What to ExpectiOS Rating - 4.9Android Rating - 4.8Image Credits: whattoexpect.comNow the second app that we recommend is What to Expect. She's also an amateur photographer. This app is also helpful for people who are trying to conceive as it has an ovulation calendar. And there's prenatal yoga videos, meditation and mental and emotional wellness information. You can track your sleep, number of steps you have taken, your water intake and there's an app to keep yourself from over-obsessing with these apps! Well, who's a worrier we live in! But there are times when you genuinely need a reminder to track certain things like your periods. A very fun way to track, indeed! It includes 3D rendering of the baby, information of the anatomical developments, common symptoms, changes in your body. Just like the Baby Center app, it has a social network and also has specific separate groups where you can connect with other moms-to-be who are having babies within the same month. You can also use this app once the baby is born for a growth tracker and the developments that you can expect in the coming weeks. Baby Center is considered to be one of the best pregnancy apps as it has short videos, less than a minute, which gives you an insight about delivery processes, prenatal exercises, breastfeeding support and many more. You can even connect with other moms-to-be.⁵. Baby2BodyiOS Rating - 4.7Image Credits: baby2body.comWell, Baby2Body is more about mommy fitness. Also, there are pregnancy and baby care specific apps that help you with your pregnancy, nutrition, health, workouts, what to expect as a new mother and also a community where you can post your queries. Best Pregnancy AppsWhen I was pregnant in 2020, honestly there were a dozen of advices flowing from everyone and everywhere, like literally. I mean there is nothing wrong if someone wants to pass on their knowledge about the most beautiful phase of a woman. She also writes about health and fitness, having pursued yoga for 6 years now. Imagine your fitness level dropping or you're confused about what kind of workouts to be done (of course after getting a go ahead from your gynecologist) during your pregnancy and postpartum. Pregnancy App PreglifeiOS Rating - 4.9Android Rating - 4.5Image Credits: preglife.comThis app, too, has all the features just like other best pregnancy apps and it is a great option for expectants who want to share their journey with their partners. There's daily reminders with cute illustrations about nutrition, water intake, fitness and more. Well, with such a cool feature that is worth highlighting, it's okay to have to spend a little money. The app also contains a pregnancy timeline that is elaborated, a library of informational resources and to-do checklists for the moms-to-be. There's a "partner" button, which you can click and provides useful information and to-dos. So, these were our top recommendations of best pregnancy apps! Are you using any of these apps? She's a hardcore Bollywood fan and she loves to cover the nostalgic topics on the same. There are also articles that show up based on the stage of pregnancy you're in. It also includes a kick tracker and a contraction timer in the app. Pregnancy AppiOS Rating - 4.9Android Rating - 4.9Pregnancy app is one of the most common and loved apps. Pregnancy+iOS Rating - 4.8Android Rating - 4.8Image Credits: playstore.comOkay, next on our list of best pregnancy apps we have Pregnancy+ and just as the name suggests, it has additional features compared to other apps. Unlike other apps, this app doesn't bombard you with heavy medical advices and bore you. We need a mobile app for every task in our lives. She also has voiced her opinions about feminism and equal rights for men and women at PolkaCafe journals and after quitting her job, she decided to take up writing as her full time career. Sahana is an engineering graduate and has worked in a MNC, Tesco, for more than a year as an Operations Support. Baby CenteriOS Rating - 4.9Android Rating - 5Image Credits: babycenter.comThis is one of the best pregnancy apps that most moms-to-be suggest. That's why Peanut has created a unique community app to get connected with other moms-to-be and moms who want to connect with each other in same geographical area. It's a great app for when you want to discuss things, make new friends and there are even small video chats every week on many topics. It also has a feature where there are articles on the kind of questions you need to ask during your doctor's visit. The in-depth visuals of your baby in the womb can be accessed via 3D rendering and it is more detailed compared to other top apps. Glow NurtureiOS Rating - 4.7Android Rating - 4.4Image Credits: playstore.comGlow Nurture app's features are quite similar to other best pregnancy apps. I would be super curious with each passing week to check out these developments. Also, there's an option to click your bump each week and post it online. There are times you may feel low or go through anxious moments or feel stressful. She's originally from Bangalore and is currently settled in Chennai (she's loving the city)! For any queries and discussions, contact her at You can also tweet her at apps, baby, baby apps, baby health, emotional wellness, fit, fitlife, fitness, health, nutrition, preg, preg life, preggo, pregnancy, pregnancy apps, pregnancy nutrition, pregnant, womb, women, womens health But this app isn't free. There are a couple of menstruation apps that track your pregnancy, too. You can also link your account with your partner's and track the pregnancy journey together. As beautiful as the journey is, there will be down moments that you can't quite explain to anyone. You can share it with others or just keep it private. There are also in-app coupons and discounts for baby retailers from the app's partners. When you counter question your closed ones, a few times it may lead to an awkward situation. It is a great app if you've been a fan of WebMD and the features are good enough. You can log in your notes in the pregnancy journal for a more personal feel. Thank god for female friendly apps like Flo or P.Tracker. Also, read: 7 Best Period Tracker Apps to Keep Track of Your PMS & Ovulation CycleLikewise when you're pregnant, there are a couple of apps that help you with many tips and to track your pregnancy. Here are 15 best pregnancy apps to track & monitor your body along with your baby's developments!Hello there! In today's tech savvy age, everything is in your finger tips, like quite literally. I love to see my progress visually and graphs are easy to grasp and track. Well, there is also 3D rendering feature with a clear and informative images. You can also sync it with Apple Health app and integrate the data. I had my diary, my pregnancy apps, my ipad, my notes app on my mobile, ugh! And now I have no time to put everything together and re-cherish. It also has an option of "Is it safe?" for common food and activities. Let's check 'em out!!1. There are videos and podcasts that are tailored according to your nutrition and fitness goals. Personally, I'm someone who never ever remembers my cycle dates and I always try too hard to track it. And Google literally used to guide me to run to my gynecologist since I may be experiencing something really bad. Well, you get the point, right?! So, I downloaded a few apps suggested by a few new mothers and the best rated ones on the appstore and playstore. I love maintaining journals and I started keeping one the moment I got to know about the good news. Her blogs on basic fashion, makeup, fitness and city's food joints that gave her a chance to experiment with her writing. The app uses examples like fruits and vegetables to portray the growth of the baby. Wanna feel connected to the little one growing inside you? There is also information on the screening tests timeline and a birth plan feature. This app also provides postpartum and miscarriage support.¹⁵. With so many cool features, this app is for sure one of the best pregnancy apps.¹³. Pregnancy workouts don't have to be too overwhelming. It includes due date calendar, kick counter and more.⁷. Peanut!Image Credits: peanut.comPregnancy isn't an easy journey. The checklist includes things like buying a maternity bra, planning your maternity leave during a specific week through your pregnancy and many more tasks. The checklist planner syncs with your calendar and makes your life easier and helps you with your appointments and checklists. It also has a weight tracker to keep your health in check. If you're someone who loves data visualization, then this app is for you! You can track your pregnancy milestones and there are also illustrations of your baby's current hand and foot size. It also has numerous tips for the changes your body is going through. You can host yourself or be a part of the group. First of all, it shows a weekly progression of the little human inside you. One of the best features of this app is the checklist it gives you as you progress through your pregnancy. You can toggle and view your baby in different angles. Of course, if I had any doubts, I would always ask my gynecologist during my monthly visits but when I wasn't sure of something, these apps came in handy both during pregnancy and postpartum as well. So, we have rounded off 10 best pregnancy apps that you need to track your pregnancy. Maybe next time, I can do this ☺ It also includes other features like tracking your baby's growth, your body changes, weight gain and your doctor's appointments.⁹. WebMD PregnancyiOS Rating - 4.7Image Credits: apptstore.comYes, the website that shows up for all your health symptoms on Google has its own pregnancy tracker, too! It's quite comprehensive with its interface. If you're residing in a remote place then this app is helpful to check about your baby's growth and with the feature of compelling 3D imaging, you can experience real lifelike interactive movements.⁴. OviaiOS Rating - 4.9Android Rating - 4.8Image Credits: Ovia.comThe Ovia pregnancy app has features like personalized timeline of your baby's anatomical development, symptoms of your pregnancy, 3D renderings of the baby, safety tools, food and medication. And my life just got better. From symptoms tracker to kick counter to appointment organizer, this app has it all. As the name suggests, it is the number of days of your pregnancy journey. With an experience in fashion and lifestyle writing, Sahana is responsible for Indian and international fashion week coverage every year, and is developing an expertise in apparel trend forecasting. But I was not quite consistent with it and my notes were all over the place. Do you wanna add more to our list? It provides day-to-day updates about your baby in the womb. It also has a library of informational articles. She's not a gym person at all but is all for "running in the park" and is an amateur cyclist. From fashion trends to famous characters, she can make anyone love Bollywood! Her best article has been 90s Bollywood fashion, a readers' favorite so far! Prior to her experience with ShilpaAhuja.com, Sahana has written as a freelance author for online magazine, Mashup Corner, and interned at EventsHigh as a content writer. Of course, I keep going through them once in a while here and there. Pregnancy Tracker: Baby BumpiOS Rating - 4.1Android Rating - 4.3Image Credits: playstore.comThe Baby Bump app is quite similar to other pregnancy apps with features like personalized timeline, baby's growth chart, baby's size comparison to an object, 3D renderings of your baby and articles on almost everything from trying to conceive to parenthood. There's a 3D view of the baby on your home screen of the app that tilts with your screen, which is fascinating!¹². As the name suggests, this app gives an insight of what to expect during your pregnancy and postnatal phase. Books and coffee are her other passions. You can buy the book at the end. Along with the pictures, there's a small write up on the baby's development each week. And postpartum is the next level to test your patience. There's a social network to connect with other expecting moms and a library full of useful articles and links. I wish they had included a community networking feature, too, then this app would have made to the top in our list of best pregnancy apps.¹⁰. You can stay fit and healthy with a good workout during your pregnancy and even after popping the baby out. Also, read: Pregnancy Exercises | Your Complete Guide to a Healthy Pregnancy⁶. It doesn't go overboard with information and doesn't provide out-of-the-box articles like baby's name ideas or a guess the gender games. The only con of this app is that there is no social networking feature like the other top apps. My PregnancyiOS Rating - 4.8Android Rating - 4.6This app is simple with a clean and clutter free interface. The best part of this app is the visually appealing and aesthetic interface. It not only provides the information of the baby but compares your baby's size with cool and nostalgic TV props.

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