

CALCULATING YOUR DUE DATE

There's no way to be sure exactly when baby will arrive. Here's how you can get an idea: Find the first day of your **last menstrual period (LMP)** on this chart, then look at the **estimated date of delivery (EDD)** directly next to it.

LMP JANUARY	EDD OCT/NOV	LMP FEBRUARY	EDD NOV/DEC	LMP MARCH	EDD DEC/JAN	LMP APRIL	EDD JAN/FEB	LMP MAY	EDD FEB/MAR	LMP JUNE	EDD MAR/APR	LMP JULY	EDD APR/MAY	LMP AUGUST	EDD MAY/JUNE	LMP SEPTEMBER	EDD JUNE/JULY	LMP OCTOBER	EDD JULY/AUG	LMP NOVEMBER	EDD AUG/SEP	LMP DECEMBER	EDD SEP/OCT
1	8	1	8	1	6	1	6	1	5	1	7	1	6	1	7	1	7	1	7	1	7	1	6
2	9	2	9	2	7	2	7	2	6	2	8	2	7	2	8	2	8	2	8	2	8	2	7
3	10	3	10	3	8	3	8	3	7	3	9	3	8	3	9	3	9	3	9	3	9	3	8
4	11	4	11	4	9	4	9	4	8	4	10	4	9	4	10	4	10	4	10	4	10	4	9
5	12	5	12	5	10	5	10	5	9	5	11	5	10	5	11	5	11	5	11	5	11	5	10
6	13	6	13	6	11	6	11	6	10	6	12	6	11	6	12	6	12	6	12	6	12	6	11
7	14	7	14	7	12	7	12	7	11	7	13	7	12	7	13	7	13	7	13	7	13	7	12
8	15	8	15	8	13	8	13	8	12	8	14	8	13	8	14	8	14	8	14	8	14	8	13
9	16	9	16	9	14	9	14	9	13	9	15	9	14	9	15	9	15	9	15	9	15	9	14
10	17	10	17	10	15	10	15	10	14	10	16	10	15	10	16	10	16	10	16	10	16	10	15
11	18	11	18	11	16	11	16	11	15	11	17	11	16	11	17	11	17	11	17	11	17	11	16
12	19	12	19	12	17	12	17	12	16	12	18	12	17	12	18	12	18	12	18	12	18	12	17
13	20	13	20	13	18	13	18	13	17	13	19	13	18	13	19	13	19	13	19	13	19	13	18
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15	22	15	22	15	20	15	20	15	19	15	21	15	20	15	21	15	21	15	21	15	21	15	20
16	23	16	23	16	21	16	21	16	20	16	22	16	21	16	22	16	22	16	22	16	22	16	21
17	24	17	24	17	22	17	22	17	21	17	23	17	22	17	23	17	23	17	23	17	23	17	22
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19	26	19	26	19	24	19	24	19	23	19	25	19	24	19	25	19	25	19	25	19	25	19	24
20	27	20	27	20	25	20	25	20	24	20	26	20	25	20	26	20	26	20	26	20	26	20	25
21	28	21	28	21	26	21	26	21	25	21	27	21	26	21	27	21	27	21	27	21	27	21	26
22	29	22	29	22	27	22	27	22	26	22	28	22	27	22	28	22	28	22	28	22	28	22	27
23	30	23	30	23	28	23	28	23	27	23	29	23	28	23	29	23	29	23	29	23	29	23	28
24	31	24	1	24	29	24	29	24	28	24	30	24	29	24	30	24	30	24	30	24	30	24	29
25	1	25	2	25	30	25	30	25	29	25	31	25	30	25	31	25	31	25	31	25	31	25	30
26	2	26	3	26	31	26	31	26	1	26	1	26	1	26	1	26	2	26	1	26	1	26	1
27	3	27	4	27	1	27	1	27	2	27	2	27	2	27	2	27	3	27	2	27	2	27	2
28	4	28	5	28	2	28	2	28	3	28	3	28	3	28	3	28	4	28	3	28	3	28	3
29	5	29		29	3	29	3	29	4	29	4	29	4	29	4	29	5	29	4	29	4	29	4
30	6	30		30	4	30	4	30	5	30	5	30	5	30	5	30	6	30	5	30	5	30	5
31	7	31	5	31	5	31	5	31	6	31	6	31	6	31	6	31	6	31	6	31	6	31	6

my baby is due: _____