



Choices & Consequences During Pregnancy

Brainstorm at least three possible consequences for each choice. Be prepared to share & discuss.

| Option 1 | Option 2 |
|--|---|
| Going to the Doctor 1. _____ 2. _____ 3. _____ | Not Going to the Doctor 1. _____ 2. _____ 3. _____ |
| Eating Healthy Food 1. _____ 2. _____ 3. _____ | Eating Junk Food 1. _____ 2. _____ 3. _____ |
| Getting Daily Exercise 1. _____ 2. _____ 3. _____ | Being a Couch Potato 1. _____ 2. _____ 3. _____ |
| Smoking during Pregnancy 1. _____ 2. _____ 3. _____ | Not Smoking during Pregnancy 1. _____ 2. _____ 3. _____ |
| Doing Drugs during Pregnancy 1. _____ 2. _____ 3. _____ | Avoiding Drugs during Pregnancy 1. _____ 2. _____ 3. _____ |
| Getting Plenty of Sleep 1. _____ 2. _____ 3. _____ | Being Sleep Deprived 1. _____ 2. _____ 3. _____ |

