

High blood glucose levels 45

46

Unhealthy food 47

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Finish 50

44 **Sunshine (Vitamin D)**

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40 **Regular medications**

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38 **Stress**

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35 **Eating for two**

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29 **Breast feeding**

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25 **Post Delivery Sugar Check-up after 6 - 12 weeks**

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21 **Regular blood glucose monitoring**

20 **Excess screen time**

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18 **Iron, Calcium & Folic acid supplements**

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16 **Healthy diet**

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14 **8 hours of sound sleep**

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12 **Physical activity**

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10 **Smoking, alcohol & drugs**

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5 **Recommended weight gain**

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2 **Regular check-up**

1 **START**