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