# Editing and Printing Instructions

1. *Word Pregnancy Options Editable*  - for users who have/want to use Word. It has several editable text boxes pre-formatted to match the font and coloring.

2. *Adobe Pregnancy Options Editable*  - for users who have adobe acrobat/reader. The user will have to choose EDIT PDF in the TOOLS menu, then they will be able to edit the text boxes pre-formatted to match the font and coloring.

As for printing, the best method is:

- If you have the option, you should print ACTUAL SIZE

- If you have the option, PRINT ON BOTH SIDES, ALONG SHORT EDGE
  - If you cannot print on both sides, you can print one page and then refeed the printed page to print on the other side. All printers are different so please check and print a practice page to see which rotation will give you the correct end product.

- After printing, the teal colored lines that are on either side of the "PREGNANCY" panel are the fold lines.