

Fertility

CHECKLIST



№	ACTIVITIES	
1	Schedule a preconception check-up with your healthcare provider.	
2	Start taking a prenatal vitamin with folate.	
3	Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats	
4	Maintain a healthy weight through regular exercise and nutritious eating	
5	Limit caffeine intake to moderate levels	
6	Avoid alcohol, smoking, and recreational drugs	
7	Manage stress through relaxation techniques like meditation or yoga	
8	Get regular physical activity, aiming for at least 30 minutes every day	
9	Schedule dental check-ups and address any oral health issues	
10	Track your menstrual cycle to identify ovulation and fertile days	
11	Consider genetic testing for hereditary conditions (such as Leiden V or MTFHR)	
12	Discuss any medications or supplements you're taking with your healthcare provider	
13	Limit exposure to environmental toxins and pollutants	
14	Limit exposure to harmful chemicals in household products and personal care items	
15	Address any underlying health conditions, such as thyroid disorders or PCOS	
16	Stay hydrated by drinking plenty of water throughout the day	
17	Get enough sleep, aiming for 7-9 hours per night	
18	Educate yourself about fertility and reproductive health	
19	Discuss family planning and fertility goals with your partner	

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No	ACTIVITIES	
20	Explore alternative therapies like acupuncture or herbal medicine if interested	
21	Manage chronic conditions like diabetes or hypertension under the guidance of your healthcare provider	
22	Work on your mindset and make sure your mindset is set for success	
23	Check for any genetic conditions between you and your partner (especially if you have been trying for a while and are having difficulty getting or staying pregnant)	
24	Seek social support from friends, family, or support groups if needed	
25	Keep lines of communication open with your healthcare provider and ask questions about fertility and pregnancy	
26	Stay proactive and advocate for your own health and fertility needs	

More details or if you have questions:
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