

FERTILITY SELF-CARE

Daily Checklist

- HYDRATE**
2L per day
- NUTRIENTS**
Take your supplements
- FUEL**
Eat healthy, whole foods with a focus on protein, healthy fat & veggies
- REST**
Meditate, journal, have gratitude
- EXERCISE**
Move in any way you can - fertility loves blood flow
- SLEEP WELL**
Turn off technology 1 hr before bed, turn down your room temp, and keep your room dark