

COMPLETE FERTILITY CHECKLIST

Category	Checklist Item	Check
Know Your Body	Track your menstrual cycle	
	Monitor ovulation (BBT, OPKs, apps)	
	Get hormone levels tested (FSH, LH, AMH, insulin, androgens)	
	Check thyroid function & Vitamin D levels	
Nutrition & Lifestyle	Follow a low-GI diet	
	Limit refined carbs and sugar	
	Include protein, healthy fats, and fiber	
	Exercise regularly (30–45 mins, 4–5 times/week)	
	Prioritize 7–9 hours of quality sleep	
	Practice stress management (yoga, breathing, therapy)	
Supplements	Inositol (Myo-inositol + D-chiro-inositol)	
	Prenatal vitamin with folic acid	
	Omega-3 supplements	
	Vitamin D (if deficient)	
Medical & Expert Support	Schedule a fertility consultation	
	Discuss ovulation-inducing medications	
	Consider IUI / IVF if advised	
	Reassess your plan every	