

# FERTILITY HEALTH CHECK

*Boholistic Mom Fertility Doula - Brooke Shambley*

## GOAL

The goal of this health check is to go through this list to see where your health is good and see where improvements can be made. If you find a lot of improvements, take a breath and pick one. If you have a few improvements, move forward with conquering the next step.

## INSTRUCTIONS

Circle the areas in which you currently are doing well

Underline the areas where you could do more

Leave blank the areas that you haven't yet considered

Sleep

**7-9 Hours a night**

**Uninterrupted**

**Wake rested**

Food

**Real food diet**

**Eat healthy fats**

**Drink filtered water**

Extras

**Low to no caffeine**

**No alcohol/tobacco**

**No recent vaccines**  
(Heavy Metals)

Avoids

**Processed sugar**

**Food additives**

**Soy and soy oil**

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Fitness

**High energy levels**

**Good flexibility**

**Good strength**

Gut Health

**Take probiotics**

**Make fermented foods**

**Good immunity**

Mental

**Good readiness/preparedness**

**Low Cortisol/stress**

**No depression/good hormones**

Body

**Healthy weight**

**Low pain level**

**Good spine/nerves**

Emotional

**Good feelings about birth**

**Good feelings about baby**

**Good feelings about marriage**

Environment

**Space/Organization**

**Safety**

**Tenor of home**

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## HEALTH CHECK REVIEW

**Which areas are you doing well in your health?**

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**Which areas could use some improvement?**

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**What will your next step be for your fertility?**

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