

Fertility Clarity Checklist

A gentle, evidence-informed guide to help you prepare for conception with confidence and calm.

Pre-Conception Wellness

- The Fertility Clarity Checklist

Created by Eden & Embrace — for women seeking gentle, evidence-based guidance

1. Get Grounded in the Why

Before jumping into labs or supplements, pause and ask:

- What does a supported fertility journey look like for me?
- Am I tracking to conceive right now, or just learning my cycle?
- Have I been feeling anxious, confused, or overwhelmed by info online?

Clarity starts with anchoring to your goals — not someone else's timeline.

2. Understand Your Cycle's Natural Language

Can you confidently recognize:

- Your cervical fluid types throughout the month?
- Basal body temperature (BBT) changes post-ovulation?
- Your cervix position during fertile vs. non-fertile times?

If not, consider learning the Fertility Awareness Method (FAM) with a coach. This is the foundation of body literacy.

3. Review Your Fertility Labs (or Get Them Ordered)

Have you had these labs run?

- Day 3: FSH, LH, Estradiol
- Mid-luteal: Progesterone
- Anytime: AMH, TSH, Vitamin D, Prolactin, DHEA-S, Ferritin
- PCOS? Add: Free Testosterone, Insulin, A1C, DHEA
- Over 35? Consider: Reproductive Immunology Panel + Egg Quality Markers

Bring previous labs to a session or consider running a panel if you've been trying for 3+ months.

• 4. Nourish Your Body for Cellular Health

Are you supporting your fertility with nutrition and supplements?

- Eating enough healthy fats, protein, and slow carbs?
- Prioritizing magnesium, B12, methylfolate, and antioxidants?
- Considering myo-inositol + D-chiro inositol for PCOS?
- Reducing BPA, phthalates, and synthetic fragrance exposure?

5. Consider Emotional & Nervous System Support

Fertility is never just physical.

- Are you feeling emotionally supported?
- Is your nervous system regulated through sleep, rest, and safety?
- Do you need help setting boundaries around TTC conversations?

Tools like journaling, therapy, and coaching can create more calm.

6. Have a Plan — But Loosen the Grip

Check what's true right now:

- I have a plan (natural conception, timed intercourse, IUI, IVF, or learning FAM)
- I'm open to adjusting if things don't go linearly
- I'm getting support that feels holistic and human

There's no "perfect" cycle. But there is a right rhythm for your body.

Next Steps with Eden & Embrace

Whether you've been trying for months or are just beginning, I'm here to walk beside you.

At Eden & Embrace, I offer:

- Cycle tracking education + FAM
- Lab review + supplement education
- Body literacy coaching
- Support before, during, or instead of IVF
- Trauma-informed, whole-person care

Visit: www.theolivebranchdoulas.com/preparing-to-conceive

 *From Jacqueline at Eden & Embrace*

You deserve clarity, compassion, and care as you step into this next chapter. This checklist is here to help you start with intention — and to remind you that your journey is worthy of being supported every step of the way.