

FREE DOWNLOAD

Health and Wellness Simplified.



PRE-BEGINNINGS

A MINI PRECONCEPTION CHECKLIST

A RESOURCE BY SIMPLY PRE'FER

A NOTE FROM THE AUTHOR...

Here's a sneak peek into some of the preconception information you'll receive in my upcoming info session and course. There's nothing that should be off limits to us women when it comes to knowing our bodies and how to prepare it for pregnancy (should this be a desire of yours). I put together this mini checklist (not exhaustive) that introduces basic points to jumpstart your preconception health journey to help you fearlessly, navigate with your doctor. Enjoy this free checklist and stay in the know about upcoming courses, sessions, and new material coming soon!

DISCLAIMER: This checklist is for informational and educational purposes only and does not constitute medical advice or professional services. You should consult a licensed physician for personal medical advice.

*Simplifying and Identifying,
Coach D*



LET'S CONNECT!



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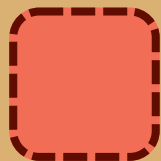
Health & Medical History CHECKLIST



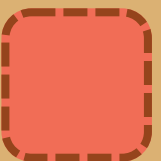
Schedule a preconception visit with your healthcare provider.



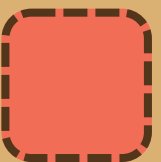
Review your family and personal health history.



Get screened for chronic conditions.



Update all vaccinations (your personal choice).



Get a PAP smear and STI screenings if needed.

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Nutrition & Supplements CHECKLIST



Start taking a prenatal vitamin with folic acid (400-800 mcg daily).



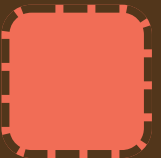
Incorporate nutrient-rich foods into your diet (e.g., leafy greens, whole grains, lean protein).



Limit caffeine and avoid alcohol and smoking.



Incorporate healthy fats and proteins.



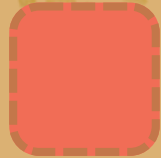
Limit refined sugars and processed foods.

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Fitness & Lifestyle

CHECKLIST



Maintain a healthy weight through regular exercise.



Practice stress management technique.



Pick an exercise activity that gets you moving, regularly.

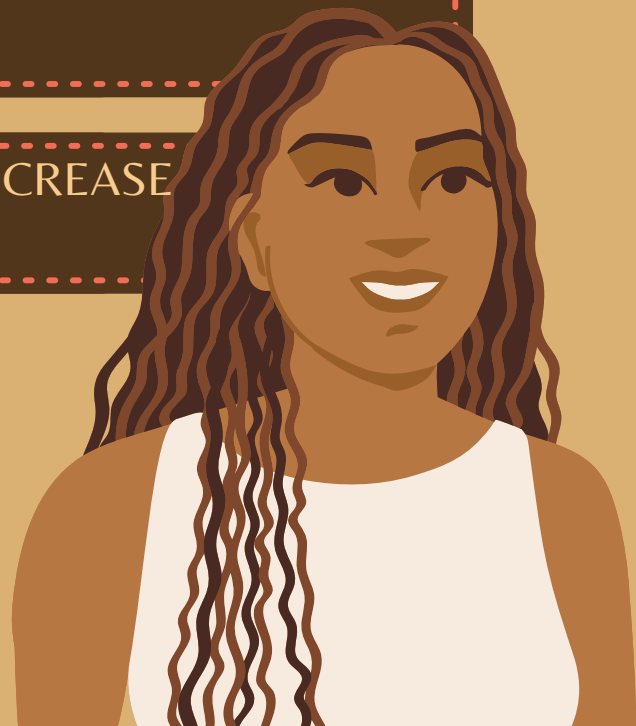


INCREASE YOUR VITAMIN D!!



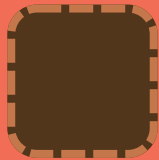
Be sure to get adequate rest & DECREASE your stress.

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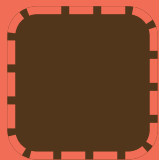


Finances & Emotions

CHECKLIST



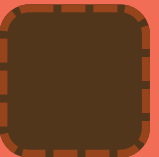
Create a budget for prenatal care and delivery costs.



Plan maternity leave and childcare if applicable.



Start a savings account if you don't have one.



Build a support system of friends, family, or community groups.



Stop unnecessary spending.

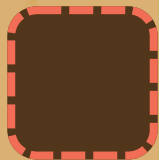
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Fertility & Family Planning CHECKLIST



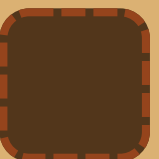
Track your menstrual cycle and identify ovulation patterns.



Check menstrual health and discuss any conditions with your physician.



Get screened and checked for any genetic reproductive conditions, cancers etc.



Address fertility concerns early, if any arise.



Build a support system of friends, family, or community groups.

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Advocating For Your Care

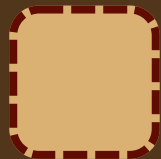
CHECKLIST



Research culturally competent healthcare providers.



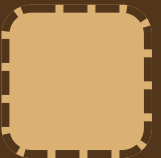
Prepare questions and concerns for medical visits.



There are NO stupid questions! ASK, and keep ASKING!



Be informed of your healthcare and medical rights, birthing rights and laws in your area.



Stay informed about health disparities and your rights as a patient.

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