

Self-Care Journal & Fertility Checklist

Daily Self-Care:

- Stay hydrated with at least 8 glasses of water.
- Eat balanced meals rich in fruits, vegetables, and whole grains.
- Engage in gentle exercise like yoga or walking for 30 minutes.
- Practice mindfulness or meditation for 10 minutes.
- Write down three things you are grateful for.

Weekly Wellness Checklist:

- Schedule time for a relaxing activity (bath, reading, art).
- Connect with a friend or loved one.
- Review your menstrual cycle and note any symptoms.
- Prepare healthy meals/snacks for the week.
- Rest and get 7-9 hours of sleep each night.

Fertility & Wellness Affirmations:

- "My body is strong, capable, and ready for new life."
- "I nourish my body with love and kindness."
- "Each cycle brings me closer to my goals."
- "I trust the timing of my life."

Note: Consult a healthcare provider for personalized advice and if you have concerns about your cycle or fertility. This journal is intended for general wellness support.