

Disclaimer: Always consult a doctor, just to be safe.

LIFESTYLE CHANGES

These are lifestyle and habit changes most people are able to start right away.

1 Am I overweight?

2 Am I underweight?

3 How healthy is my diet? Do I eat a balanced diet? A lot of fast food? Whole grains? Veggies?

4 Am I taking any vitamins or supplements?

5 Are there any bad habits that I should stop doing, like smoking, drugs, or excessive alcohol?

6 How much exercise do I get?

7 Am I tracking my period? (You really should be doing this anyway because it helps your doctor keep track of your health)

8 Am I getting enough sleep? (No one gets what they want, but 7-8 hours a night)

9 What stressors can I reduce or cut out of my life that may be hindering fertility?

MEDICAL ISSUES	
	<i>These questions definitely require a doctor's guidance if you need to make changes.</i>
10	Am I taking any medications that decrease my sex drive?
11	Am I or my partner taking any medications that could cause birth defects? Some prescriptions a pregnant woman shouldn't even touch because they can transfer chemicals through the skin.
12	Do I have any sexually transmitted diseases? Some, like Chlamydia, often are unknown. It's good to get tested.
13	Do I have any conditions or other health issues that may make conceiving difficult?
14	Have I suffered multiple miscarriages in the past? How long ago?
15	What kind of birth control am I using? Will it slow down my ability to conceive after I stop using it?
16	Do any of the medications that you take have known fertility side effects?

	DADDY CONCERNS
17	Are there any known health issues for the perspective father?
18	Does he have biological children?
19	How old is he? (Father's age can bring it's own set of challenges)
20	Have we done a sperm count? What was the findings?
21	Does he smoke or have other habits that lower sperm count?
	SEXUAL HABITS
	<i>These, again, are habits that most people are able to alter right away.</i>
22	Do I have counterproductive habits like standing up right after lovemaking?
23	Do I shower or urinate immediately after lovemaking? This can also hinder conception.

24	What kind of lubrication are we using? Some can limit sperm movement or contain spermicide..
FAMILY BLOODLINES	
<i>These particularly concern your direct ancestors: Mother, Grandmother, Great-Grandmother. While you will, of course, be different, it gives you a little guideline that may help make decisions</i>	
25	What age do the women in my bloodline tend to go through menopause?
26	How late in life do the women in my bloodline tend to conceive?
27	How healthy is my family bloodline in ways that may contribute to my pregnancy and/or conception?
EMOTIONAL ISSUES	
28	Is my partner completely on board with this endeavor?
29	How driven am I to have a baby? Is it something I want, but am ok either way with? Or am I driven to the brink of insanity wanting a baby NOW?

STRATEGY