

Checklist – Week 5 – Balance

PROGRESS, NOT PERFECTION!

☐ *Keep eating in your Fertile Food Plan*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Continue eating whole, unprocessed foods and concentrate on eating enough

☐ *Toxin Elimination Continues*

- Consult Week 5 of the TEP
- Continue castor oil packs

☐ *Sleep Strategies & Stress Strategies*

- Continue working on sleep and stress strategies - concentrate on light especially for sleep (Ideally you'll pick 1 or 2 new things each week to work on until you're sleeping better and managing stress as second nature)
- Write your daily morning and evening gratefuls, continue meditations

☐ *Cycle Tracking and Balance Support*

- Get into the habit of checking for presence of cervical mucus every time you go to the bathroom - wipe from front to back and observe the presence of CM and whether it is changing (nothing, to non-peak, to peak, to dry)
- Download your Cycle Tracking Book and start tracking your cycle if you don't already. If you have tracked your cycle before and find it too stressful to temp, then continue to observe your cervical mucus daily
- Download Cycle Balance and start living in support of each phase you're in as best you can. This should not be a source of stress, just do your best and love your body