

Checklist – Week 6 – 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 6 of the TEP
- Continue castor oil packs

☐ *Sleep Strategies & Stress Strategies*

- Continue working on sleep and stress strategies
- Write your daily morning and evening gratefuls, continue meditations

☐ *Cycle Tracking and Balance Support*

- Continue checking cervical mucus and tracking cycle

☐ *Food reintroduction*

- Read the Food Reintroduction download and start reintroducing foods slowly as you want to, monitoring for symptoms of intolerance
- Implement the 80/20 rule as you want to

☐ *Supplements*

- Add in desired supplements we discussed this week after reading The Master Supplement Book
- Use the Supplement Guide & Planner to organize your supplement timing to improve consistency and decrease any confusion