

# *Checklist – Week 7 – Amplify*

PROGRESS, NOT PERFECTION!

## ☐ *Keep Eating In Your Fertile Food Plan & Using The TEP*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Consult Week 7 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*

- Continue reintroducing foods slowly as you want to, monitoring for symptoms of intolerance
- Implement the 80/20 rule as you want to

## ☐ *Hormesis Techniques*

- Implement Intermittent Hypoxia Therapy with the breathing techniques discussed (at least 3-5 x/week)
- Add in other techniques so you're doing some kind of hormesis daily

## ☐ *Supplements*

- Add in desired supplements we discussed this week after reading The Master Supplement Book - ask questions if necessary!