

Checklist – Week 8 – Amplify

PROGRESS, NOT PERFECTION!

☐ *Keep Eating In Your Fertile Food Plan, COPs, TEP*

- Use the Fertility Food Plan checklist as a daily and weekly guide
- These are minimums, not maximums
- Consult Week 8 of the TEP
- Continue castor oil packs
- Continue reintroducing foods as needed and eat using the 80/20 rule
- Keep taking your daily supplements

☐ *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

☐ *Hormesis Techniques*

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

☐ *Implement Daily Mind-Body practices*

- In addition to your morning routine of writing gratitude statements, add in writing a few sentences about your desired future. See it clearly coming to you
- Spend at least 5 minutes in the AM thinking about your future and actively feeling how you *want to feel* in that future (being pregnant, holding your baby, etc.)
- Place affirmations where you can see them and repeat them frequently