

Daily and Weekly Fully Fertile Checklist

DAILY TASKS

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Morning Routine

- Gratitude statements, 5 minutes (at minimum) of meditating on your desired future, 5 minutes of writing on your desired future - concentrate on the *feeling* your desired future gives you; positive affirmation statements

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Bright light within 30 minutes of waking

- Have your morning detox drink while outside if possible, or get yourself a bright light therapy lamp at 10,000 LUX

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Breakfast within 90 minutes of waking + supplements throughout the day

- Ideal for establishing blood sugar balance throughout the day - follow fertile food plan + 80/20 rule
- Only 'skip' breakfast on days where you're purposely using fasting for hormesis (once per week at maximum)
- Take your supplements daily as per your personal supplement schedule

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Cycle and cervical mucus tracking

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Hormesis

- Engage in a hormetic activity every day - exercise, cold shower, IHT (intermittent hypoxia training), sauna, intermittent fasting

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Stress Techniques throughout the day as needed

- Choose whichever techniques you like best and rotate them throughout the day and week - Tapping, deep breathing, gargling, humming/ singing, meditation,

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Evening wind-down routine

- Blue light blockers 2 hours before bed, gratitude journaling, brain dump journaling

WEEKLY TASKS

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Castor Oil Packs (COP's)

- Ideally do these 3-4 times per week as per castor oil pack directions

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Intermittent Hypoxia Training (IHT)

- We want daily hormesis, but specifically IHT 3-5 times per week - Wim Hof, breath of fire, walking breath holds

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Meditation

- Longer meditation sessions weekly while doing your COP's and visualizing your desired future

[illegible]

- What do I want my morning routine to look like? How will I make this work?

- Bright light option - outside or bright light therapy lamp? How will I incorporate this in daily?

- When will I do my castor oil packs? Pick days and times so you can schedule it in, especially if you have a busy schedule and find it hard to find time for yourself. Plan it like an appointment - but keep that self-care appointment!

- Which hormesis techniques will I be using and on which days will I be using them? How will I remember to do these? (set a phone alarm, make a calendar reminder, etc)

- Which stress techniques will I be using daily?

- What do I want my evening routine to be? What time will I start this? What other sleep strategies do I need to add?

Fill in which techniques you would like to use and when

<div>MON</div> <div>1</div>	<div>TUE</div> <div>2</div>	<div>WED</div> <div>3</div>	<div>THU</div> <div>4</div>	<div>FRI</div> <div>5</div>	<div>SAT</div> <div>6</div>	<div>SUN</div> <div>7</div>