



Maximise Your Fertility Checklist

The following checklist will help you determine how well you are doing to improve your fertility and what more you can incorporate into your lifestyle to maximise your fertility. Pink boxes are specifically for women, Blue boxes are specifically for men and the Yellow boxes are for both partners.

Absolutely No:	Avoid:	Go For:	A Must:	Nice If You Can:
Alcohol	Stress	Organic Food	Boxers, not briefs	Don't have sex, MAKE LOVE
Caffeine	Excessive Exercise	Fertility Yoga	Folic Acid	Take time out to relax
Recreational Drugs	Lubricants can slow sperm	Reproductive reflexology	Make love 3 times a week	Monitor your cervix
Smoking	Getting obsessed	Butter not marg	Get enough sleep	Join a support group
Toxins	Negative thinking	Sofa sex	Get enough Vitamin D	Cook from scratch
Transfats	Hot baths	Morning sex	Think positive	Nutritionist
Cycling (esp the guys)	Household cleaners full of chemicals	Being creative in all areas of your life	Top up on zinc (banana smoothie x2 week)	Orgasms help get the sperm to the cervix
Laptops on laps	All artificial additives and flavourings	Think natural – food, fabrics, cleaning products, face and beauty products	See your GP if over 12 months of trying	Hypnotherapy/Herbalist/Homeopath
Mobile phones in pockets	Hair & body products full of chemicals	Colourful food – no beige, white or grey (apart from oats, butter beans, and other obviously healthy foods)	Get a general health check – esp for diabetes & thyroid	Chilling the testes makes the sperm much more vigorous
Aspartame	Unnecessary meds	75g of protein per day from ovulation to bleed or end of first trimester	Temperature chart your cycle	Avoid low level radiation from: TV, VDU, Digital clock, electric blanket
MSG (Chinese meals, flavoured crisps, meat seasonings, packaged soups)	Exhaust Fumes (sources of lead & heavy metals)	Vitamins A, B C & E (but don't overdose – Vit A can be dangerous)	Get a sexual health screen	Avoid living near pylons, radio stations/masts, phone exchanges, rivers
	Over/underweight		Get more Omega 3	
	Excessive salt intake		Check cervical secretions	
	Constipation			
	Sex every day			
	Swimming/Diving			

This is not a comprehensive list and it's not meant to be taken too seriously, but it should give you a feel for what you've already done and what more you could do.