

Essentials for Optimized Health

the ULTIMATE

Fertility & Pregnancy

CHECKLIST



BACK *in* BALANCE

Helping Families Move Well, Eat Well, Live Well

www.BackInBalanceHealth.com



DAILY

Refresh: Stay Well Hydrated (1/2 your body wt in oz)

Build: Get Protein in Every Meal

Activate: Supplement with Essential Nutrients

Self Care: Do something that brings you joy!

Stretch: Hold for at least 30 seconds

Movement: Change Your Posture Every Hour

Gratitude: Write down 3-5 things you are grateful for

Restore: Get Restful Sleep (ideally going to sleep by 11pm)

WEEKLY

Prep: Plan meals, Grocery shop, and Food Prep

Reflect: Health check-in: Take note of good things, growth areas, challenges, and surprises

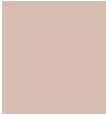
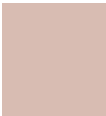
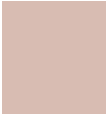
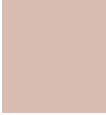


Optimize: Write out a master to-do list for the week and choose your top 3 priorities to focus on

Connect: Spend quality time with your partner and/or friends

Align: Optimize Nervous System- visit your chiropractor!

Movement: Walk for a 20 min walk at least 5 times/week and stretch for at least 5 minutes afterwards!

MONTHLY

-  *Sync:* Plan your month (Food, Fitness, Fun, etc) in a relationship with the energy and phases of your cycle
-  *Reflect:* Review your month. What brought you joy? What did you learn about yourself? What will you do differently?
-  *Optimize:* Choose 1-3 habits/goals to focus on as a priority
-  *Nourish:* Talk with your functional nutritionist to help identify specific nutrients needed for your prenatal stage
-  *Focus:* Choose the overarching feeling that you would like to experience and what will allow you to get there
-  *Connect:* Schedule appropriate wellness visits: midwife, OB/GYN, chiropractor, nutrition, body work, hair/saliva tests, dentist, acupuncture

ENCOURAGE
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In your journey of fertility or pregnancy, embrace hope. Your strength is boundless, and each step forward is a testament to your resilience. You got this.

Move well, eat well, live well,

Dr. Anjali Agrawal

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