



# MY FERTILITY ☰ CHECKLIST



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*Fertility Naturopath*



# MY FERTILITY CHECKLIST

## SECTION 1

- I have regular cycles (26-33 days)
- I know when I ovulate
- I know how to identify my "fertile window"
- I am a healthy weight for my height
- I prepare and eat healthy food most days
- I get 7-8 hours of quality sleep each night
- I have less than 2 standard drinks a week
- I feel vibrant and healthy most of the time
- I consciously avoid exposure to toxins in my daily routine
- I drink at least 2 litres of water each day
- I do not smoke or use recreational drugs
- My partner has a healthy lifestyle (if applicable)
- I am committed to making positive changes to improve my fertility and my chances of creating a healthy baby



# MY FERTILITY CHECKLIST

## SECTION 2

- I often feel stressed and overwhelmed
- I have a diagnosis that may affect my fertility (e.g. PCOS, diabetes, thyroid)
- I'm exposed to chemicals in my work (e.g. hairdresser, painter, agriculture)
- I exclude specific foods from my diet for personal, cultural or health reasons
- My periods are very heavy or very light
- I get spotting or bleeding between periods
- I experience uncomfortable PMS symptoms and/or pain with my periods
- I experience food and/or sugar cravings
- I often feel tired, fatigued or sluggish
- I have sensitive digestion, or suffer from IBS or IBS-like symptoms
- I have dry skin and dry, brittle hair and nails
- I am prone to acne especially around my period
- I have experienced UTIs or thrush in the past 5 years
- I have a family history of auto-immune disease (e.g. lupus, coeliac, MS, rheumatoid arthritis)



# MY FERTILITY CHECKLIST

## HOW'D YOU DO?

Now that you've completed your checklist, let's have a look at what your results tell you about your fertility.

### SECTION 1 - how many boxes did you tick?

9-13 - You're doing an amazing job of educating yourself about the importance of preconception health, and have made some really positive progress towards optimising your fertility.

5-8 - You've got some good lifestyle habits under your belt, but there are some elements of your health and lifestyle that could be impeding your fertility.

1-4 - Your fertility could very well be impacted by some simple lifestyle factors. Don't let this get you down - in fact, you may find some fairly straightforward modifications could see your reproductive health improve significantly!

### SECTION 2 - how many boxes did you tick?

1-5 - you may have some factors that are impacting your fertility and general health. Depending how you scored in Section 1, there could be some simple changes that will help improve your energy and hormones to improve your fertility.

6-10 - you will likely benefit from a comprehensive approach to improving your overall health and wellbeing, which will greatly enhance your fertility.

10+ - if you ticked more than 10 boxes in Section 2, you may not be feeling your best self right now - let's work together to sort that out! A therapeutic plan to address your individual health concerns, combined with simple diet and lifestyle changes, can get you well on the way to feeling better and improving your fertility.



# MY FERTILITY CHECKLIST

## YOUR PERSONAL PLAN TO OPTIMISE YOUR FERTILITY

### Need assistance with Section 1?

If you scored low in Section 1, my recommendation would be my [VIP Fertility Program](#). A tailored combination of one-on-one consults and online materials, this program aims to get you (and your partner) informed and empowered to be your healthiest selves in preparation for conceiving your healthy baby. Remember your eggs and sperm take around 3 months to mature, so taking this 12 weeks to ensure you're in our best possible health is a very worthwhile investment in your future baby's health - but don't worry, you can do it any time during your journey, or even when preparing for IVF! We'll tailor it to suit your unique circumstances.

[Click here to book a FREE call to discuss if this would be the right for you.](#)

### Need assistance with Section 2?

If you ticked a few boxes in section 2, I would generally recommend spending some time working to improve your overall health and wellbeing prior to the preconception period. Either the [Healthy Hormones](#) package or the [Fertility Starter Pack](#) may be perfect for you - let's start out with a no-obligation free call where we'll assess where you're at and work out the best approach for you.

[Click here to book a free call to talk about how I could help.](#)

### Scored well in both sections, but still need some fertility support?

If you ticked most of the boxes in Section 1 and only 1 or 2 in Section 2, you may be scratching your head about why you're struggling to conceive. Remember this is a fairly surface-level tool to get a general feel for where you're at - if you're ready to investigate further, I'd love to chat about your options. To get you started, I offer a comprehensive Fertility Assessment as part of my [Fertility Starter Pack](#). This is a great way of uncovering the most likely areas to investigate in your unique case. If you'd like to explore working together to find out what's really going on, I'd love to help!

[Click here for a FREE chat about how that would work.](#)

# LEESA YOUNG

Fertility Naturopath

## ABOUT ME

Hi there! I'm Leesa Young, naturopath & holistic nutritionist

..and I'm passionate about helping women and their partners have healthy, happy babies.

I've been practicing for nearly 10 years, and I love working with fertility and hormones.

- I had my own fertility struggles, which took much longer to resolve than they should have, had I had the correct knowledge and support

- I went on to have a beautiful healthy baby who continues to be a robust and vital young person, and I absolutely credit her health and vitality to the work I did prior to conceiving her

- In the early years of my practice as a naturopath and nutritionist, I treated a lot of unwell children - and I realised that the **ultimate in preventative healthcare** for many of these kids is **good preconception care**.

Optimal health for egg and sperm at the time of conception really is the best gift you can give your future children!



Want to have a chat?

Click here to book a free call to chat about how we could work together

» [leesayoung.com](https://leesayoung.com)

» [Join me on Insta](#)

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