

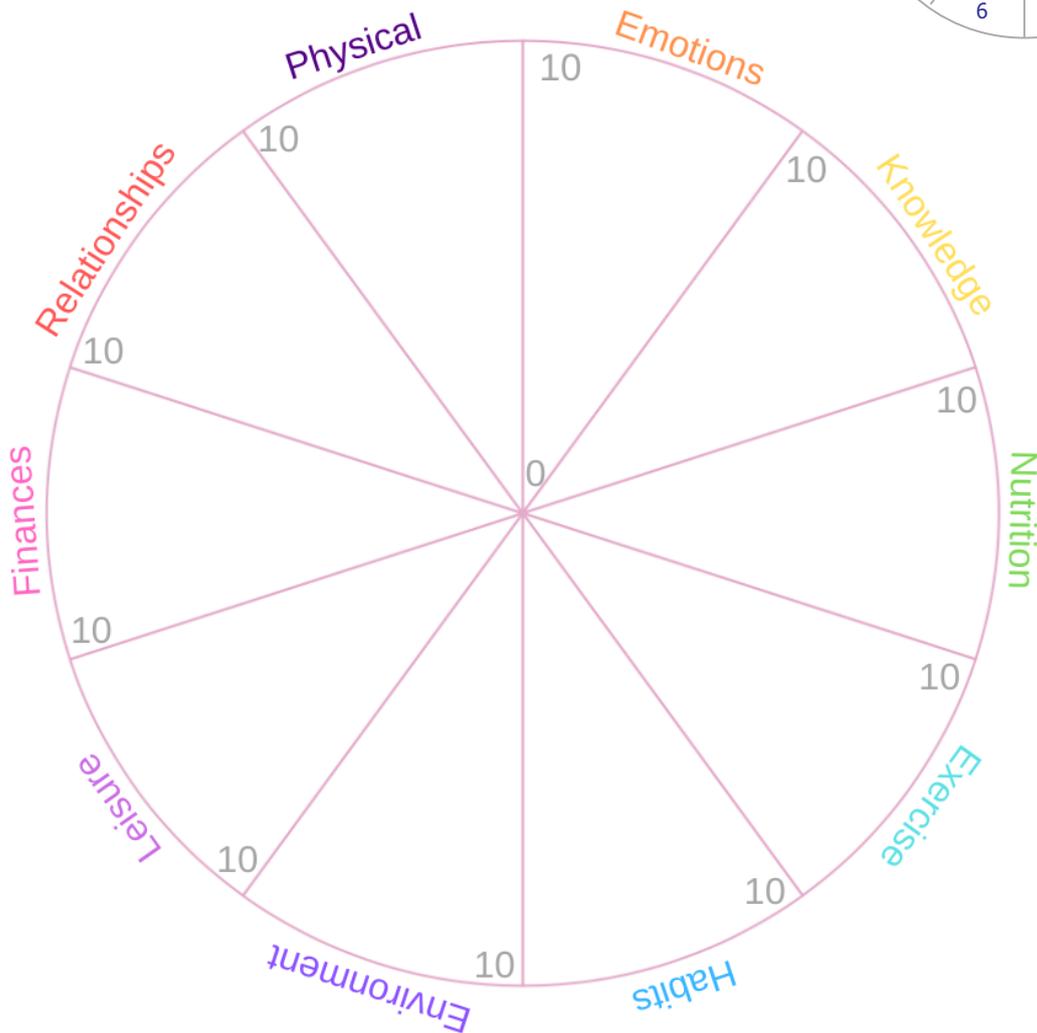
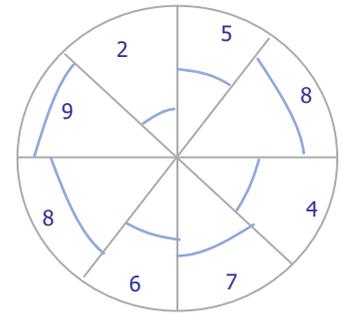


Your Wheel of Fertility Health!

Your Name: _____

Today's Date: ___/___/___

EXAMPLE



Complete the Wheel of Fertility Health:

- 1. Review the 10 categories** – think briefly how your life would look like at its best in each area.
- 2. Next, draw a line across each segment** that represents your satisfaction score for each area
 - Imagine the centre of the wheel is 0 and the outer edge is 10.
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied). Use the first value that pops into your head, not the number you think it *should* be.
 - Now draw a line and write the score alongside (see example above).



Your Wheel of Fertility Health!

Notes:

- The 10 categories should together create a view of a balanced fertility journey for you. If necessary, split a category into segments to add something you feel is missing, or re-label an area to make it more meaningful to you.

1. **Physical:** refers to your body and physical health, any medical problems or conditions you are aware of that may impact on your fertility.
2. **Emotions:** refers to your mental health, your ability to manage emotions and stress. It can also include soul, spirit or any connection beyond yourself.
3. **Knowledge:** refers to your understanding of how your body works, your reproductive system, including hormones, menstrual cycle, ovulation, fertile window.
4. **Nutrition:** refers to a healthy diet, with fresh fruit and vegetables, slow carbs, healthy fat sources, lean protein and good water intake. Avoiding processed foods, quickly absorbing carbs, trans fats, and saturated fats. It can also include fertility supplements.
5. **Exercise:** refers to physical activity, around 30 minutes a day to keep the body active and avoiding strenuous or intense exercise that may interfere with hormones.
6. **Habits:** refers to healthy daily habits including good sleeping hygiene, avoiding smoking, alcohol, drugs or too much caffeine.
7. **Environment:** refers to your surroundings, products you use around the house and beauty products you apply on your body, including any plastics, BPA, phthalates or other harmful chemicals.
8. **Leisure:** refers to any fun or recreational activities you engage in that allow you have pleasurable and enjoyable moments alone or with others.
9. **Finances:** refers to your financial security and wellbeing to afford the things you want in life.
10. **Relationships:** refers to your significant other or family, friends, or other meaningful relationships.

- Think about what full success or satisfaction would feel like in each area.

- Think about what your life looks like right now in each of these areas. Choose the first value that pops into your head for each category, between 1 (very dissatisfied) and 10 (fully satisfied).

- Balance is personal and unique to each individual - what may be satisfying or balanced for some may be stressful or boring for others.

- This exercise raises your awareness and allows you to plan a fertility journey that is more satisfying and closer to your definition of balance. It also helps clarify priorities for goal setting.

- Identify one action for each area and then pick 1 to 3 actions to get started.

- Balance must be assessed over time. A regular check-in (for example with this exercise) can highlight useful patterns and help you learn even more about yourself.