

# Trying to Conceive: The BloomHer Planner

*A calm, ordered path for a sacred season.*

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## FOUNDATIONS

- Preconception visit with your provider scheduled
- Prenatal with methylated folate started
- Labs reviewed: thyroid, vitamin D, iron, B12
- Partner health check discussed

## RHYTHM

- Cycle tracking started (BBT or app)
- Fertile window identified this cycle
- Sleep 7-9 hours protected
- Caffeine and alcohol reviewed

## NOURISH

- Protein at every meal
- Colorful plants daily
- Hydration: half your weight in ounces
- Practitioner-guided supplements only

## MIND & SPIRIT

- Stress practice chosen (prayer, walks, journaling)
- Support person named
- One joy scheduled weekly
- Grace given for the timeline