

# Your Fertility Journal

Fertile Ground – Your First Step on the  
Path to Pregnancy

A Day-by-Day Journal for Your Fertility  
Journey

[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)



**Disclaimer:** The information in this journal is provided for educational purposes only and is not intended to treat, diagnose or prevent any disease. Nor is it intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.



# Welcome to Your Fertility Journal!

At the beginning of your natural fertility journey, one of the most effective steps you can take is to create a fertility plan and use a system to keep you on track. This journal is that system.

Use Your Fertility Journal to help you create your program and stay accountable to it. Three months worth of journaling is included in this journal to help you keep a record of the daily steps you have taken for your health and fertility.

If you would like help in creating your program, you can book a consultation at [lisacartier.com](http://lisacartier.com) and I will put together a suggested program for you based on your health history and diet.

***"When it comes to boosting your fertility naturally, it is the steps you take on a daily basis, every day, that make the biggest impact. This is how everyday decisions can add up to something amazing."***

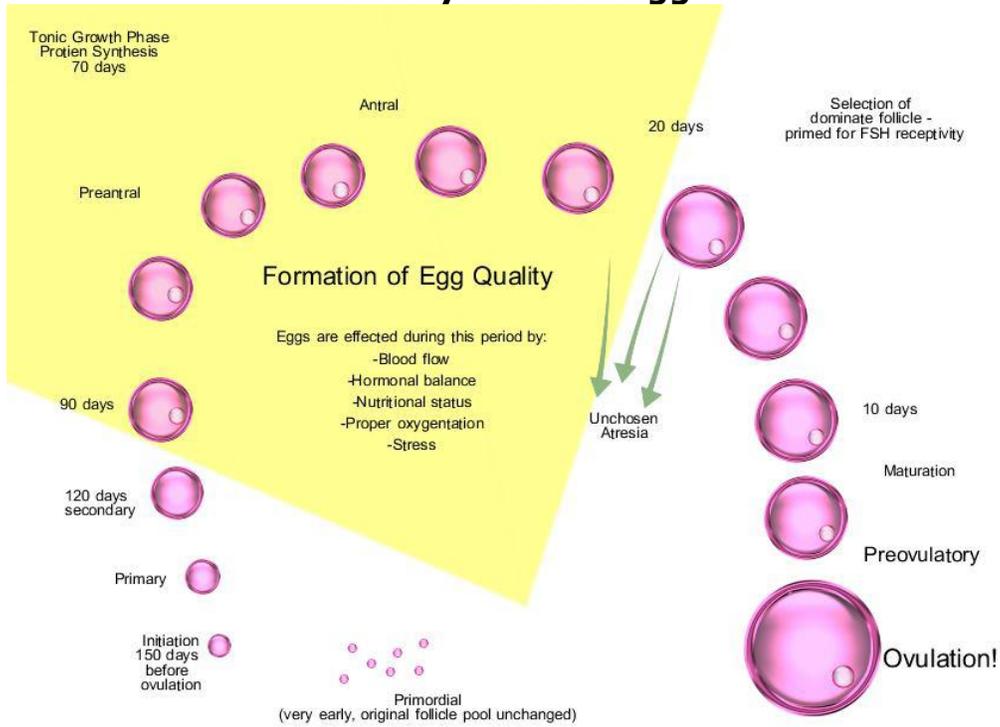
**I wish you the best on your fertility journey!  
Thank you for letting me be a part of it!**

Blessings,  
Lisa Cartier

[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)

## Reference Charts

### The Cycle of An Egg

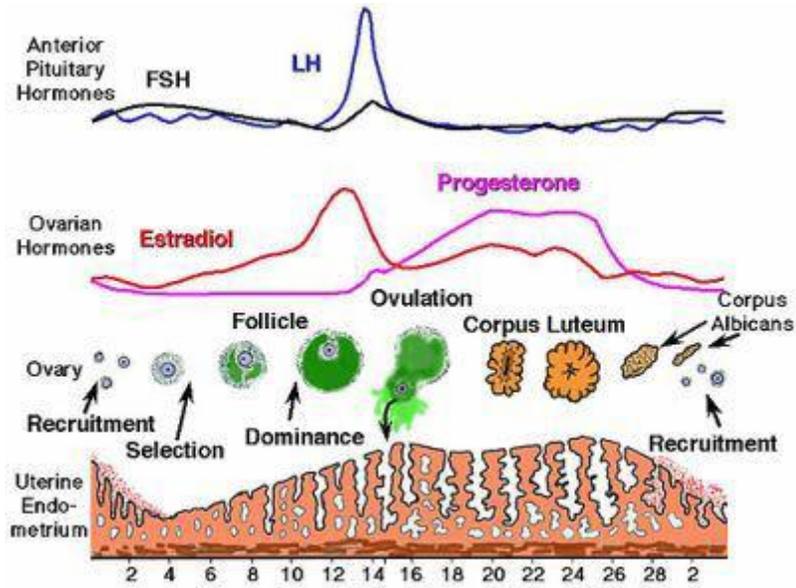


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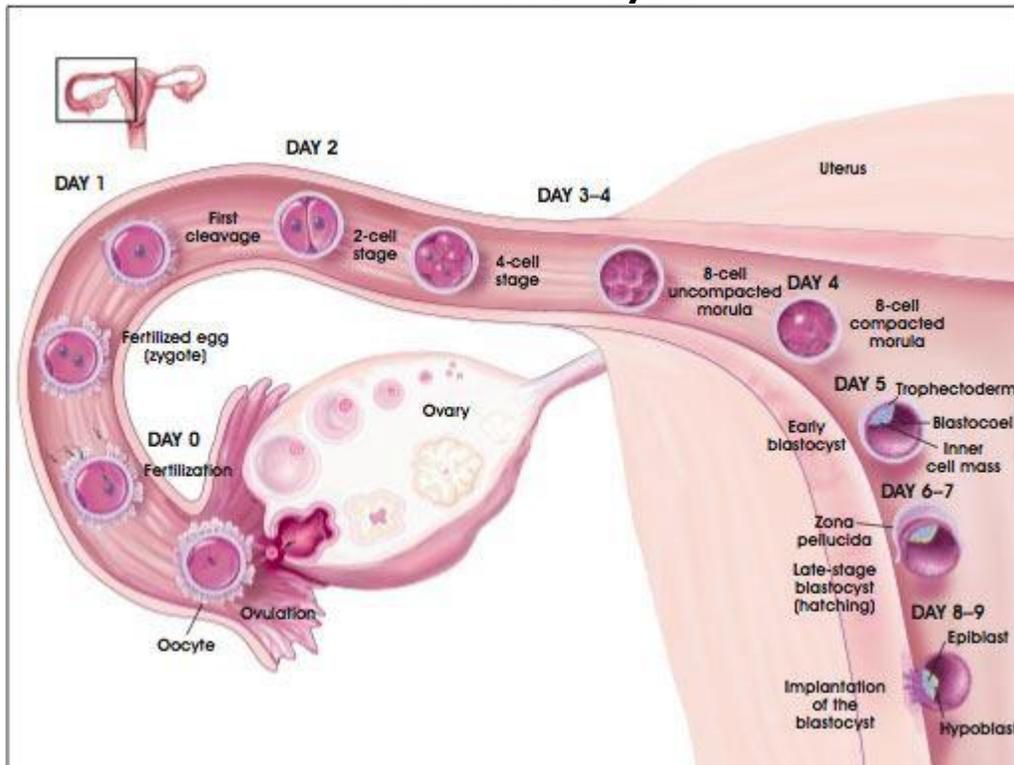
### The Fertility Cleanse



## The Menstrual Cycle



## The Ovulation Cycle



**Plan Your Fertility Program. . .**

A key to success to being able to boost your fertility naturally is to create a plan and stick to it. It is these steps that you take on a daily basis that create the results you seek over time. Use this page to create an outline of Your Fertility Program. Be sure to include all the therapies, herbs, supplements, treatments, appointments, etc., that you are planning on having. A sample program is located on the next page.

Month 1:

Month 2:

Month 3:

Below is an example program. This is for example purposes only. Each person is unique and may require a different program than the one that follows.

## FOR EXAMPLE ONLY

### Month 1:

**Fertility Cleanse** – Start day after period ends (should be on the 26<sup>th</sup>)

**Fertility Diet** – (Pick up groceries)

**Self Fertility Massage** – Do 4 times a week before bed

**Castor Oil Packs** – Do 4 times a week before Self Fertility Massage

**Exercise** – Yoga 2x a week, go for a walk 5 nights a week

**Multi - Omega**

**BBT Chart Daily**

**Daily Affirmation**

**Daily Gratitude**

### Month 2:

**Multi** – one a day

**Omega** – 3 a day

**Vitex** – 3 capsules 1 time a day (stop during period)

**Fertility Diet** – Eat a fertility smoothie daily, a salad 1x a day, green juice daily

**Exercise** Yoga 2x a week, walk 5 nights a week

**Self Fertility Massage** – Do 4 times a week before bed

**BBT Chart Daily**

**Daily Affirmation**

**Daily Gratitude**

### Month 3:

**Multi** – one a day

**Omega** – 3 a day

**Vitex** – 3 capsules 1 time a day (stop during period)

**Fertility Diet** – eat a fertility smoothie daily, a salad 1x a day, green juice daily

**Exercise** – Yoga 2x a week, walk 5 nights a week

**BBT Chart Daily**

**Daily Affirmation**

**Daily Gratitude**

## Tips For Success!



**Go easily into it:** It may seem like a lot to do and change at first. Choose one thing a week to add to your program. Try something like this: If you are doing the complete fertility cleanse (cleanse, self fertility massage and castor oil pack) – the first week focus on your diet; second week focus on your cleanse; third week the castor oil packs. If you are able to jump right in and do all of it at one time, great. If not, do what works for you. Sticking to your plan is the most important thing you can do.

**Be gentle:** If you fall off the plan, jump right back on again. One mistake will not ruin the entire program. Small steps taken on a daily basis will make all the difference.

**Make a plan and stick to it:** Create your fertility plan using the pages in this journal. Creating a plan is like having a map to arrive at your final destination. You may use your own information that you have researched or that from a Natural Fertility Consultation.

**Commit to your plan for a minimum of 3 – 6 months:** Giving the program enough time to see if it is working is critical. Most natural therapies and diets take at least 3 months to start to show results. After 3 months, evaluate what is working and what is not. Make adjustments and keep moving forward. When asked how long to stay on this plan I answer: ***till you are pregnant!***

**Consider having a natural fertility coach:** A coach can help to keep you on track, keep motivation going and help with sticking with a plan. For a consultation and help with this, contact me at ***lisacartier.com***.

**Don't compare yourself to others:** Each person's path to fertility and conception will be different. You are a very unique, special, amazing miracle. Avoid comparing to others. Focus on how grateful you are for right now and celebrate each day. I know it can be very frustrating and stressful; know that you are doing everything you can be doing. Stay focused on that.

**Daily Gratitude:** Each day write down something you are grateful for. This can be as simple as being able to get up and meet the day. Heartfelt gratitude is the fastest way experience happiness now.

**Daily Affirmations:** Each day say the affirmation that is provided for you. Be aware of how you feel in your body as you say it. Write it down – write

about how you are feeling. This can give you clues to places you are blocking emotions of need help in creating a new thought and words to replace the negative. Your thoughts and beliefs create your world. Being affirming creates positive emotions and thoughts which will actually change how you perceive things.

Where there are blank affirmations, create your own.



## How to use your Fertility Journal

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 1

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I trust my body*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 2

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My reproductive organs work in perfect harmony with my body to allow an easy conception*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 3

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My body knows how to conceive a healthy baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 4

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I trust and love myself*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 5

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I accept the gift of life within myself*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 6

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I now release all emotional blocks that prevent me from conceiving a baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 7

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I choose a healthy lifestyle that enhances my fertility*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 8

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I welcome my time to be a parent*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 9

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I now manifest my decision to have a baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 10

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I visualize having a baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 11

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *New balance is coming to my body now*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 12

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My eggs are healthy and happy to be released during my next ovulation*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 13

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow new beginnings in my life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 14

**Date**

**Cycle Day**

**BBT**

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:** 

**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I willingly release old thinking patterns based on fear and self-doubt. I allow new ones based on love and self-confidence*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 15

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I now choose positive thoughts that nurture and support my life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 16

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I accept the responsibilities of motherhood and I know I will rise to the occasion when the time comes*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 17

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am now a loving parent to myself*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 18

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I focus on the power of now*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 19

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I release fears about age and time*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 20

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I set my worries aside and I allow my body to do its job*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 21

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I surrender to the power of nature as I celebrate a new cycle of birth within myself*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 22

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I educate myself about a healthy pre-conception life style*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 23

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I graciously accept my creative powers*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 24

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow the creative forces within me to be released*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 25

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow my energies to work through me and bring me a healthy pregnancy and baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 26

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 27

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 28

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 29

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 30

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 1 – Day 31

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 1

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I deserve the best outcome and with joy I am thankful for a new life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 2

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I experience a profound connection to the miracle of life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 3

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow the light to cleanse away all my fears, indecision and concerns regarding pregnancy, delivery and parenting*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 4

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow harmonious energies to heal me in this very moment*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 5

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am open to new energies and I allow new life to enter my life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 6

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I visualize the color pink surrounding me and bringing me love*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 7

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I now access my spiritual abilities and intuitive perception*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 8

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation: I visualize a bright white light cleansing away all my fears and negative thoughts**

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 9

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am safe and I am loved*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 10

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I surrender to the healing forces of the universe*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 11

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I ask the Angels for guidance and protection every day - I am thankful for all I am and all I have – I am at peace*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 12

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I listen to my inner guidance and I am based upon my intuition*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 13

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My body is a state of balance, harmony and health*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 14

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am listening to my body*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 15

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I love life and all it has to offer*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 16

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *There is room in my life for a baby right now*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 17

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I enjoy being in perfect health*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 18

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My fertility improves daily*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 19

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am in control of my health and fertility*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 20

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *Achieving a healthy pregnancy is easy*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 21

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am confident I can nurture my baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 22

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My confidence grows daily*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 23

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I know my fertility signs*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 24

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I allow new beginnings into my life*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 25

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My body functions correctly and on schedule*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 26

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 27

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 28

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 29

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 30

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 2 – Day 31

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 1

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am a loving parent to myself*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 2

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I release fears about my age and know that I have time to get pregnant when I'm ready*

**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 3

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I set my worries aside and allow my body to do its job*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 4

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am confident in my ability to be a mother*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 5

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am fertile*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 6

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I release all emotional blocks that stop me from conceiving a baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 7

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am hydrated and healthy*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 8

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I choose healthy foods that support my health and wellbeing*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 9

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am educated about a healthy preconception lifestyle*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 10

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I welcome my time to become a mother*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 11

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am safe and I am loved*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 12

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My hormones are in balance*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 13

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I have all that I need to be a loving mother*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 14

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I release my fears about pregnancy and birth*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 15

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I love my body*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 16

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am whole and full of love*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 17

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I have the energy necessary to heal my body and soul*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 18

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I bring balance and light to my reproductive system*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 19

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I have an abundance of healthy eggs*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 20

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am a loving and nurturing mother*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 21

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I choose to heal from past hurts and disappointments*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 22

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I have abundant energy, vitality and well being*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 23

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My baby and I are ready to start our lives together*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 24

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My baby and I have love and support*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 25

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am preparing for a comfortable pregnancy*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 26

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My baby is safe inside my womb*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 27

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I trust my instincts to do what's best for myself and my baby*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 28

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *I am capable of carrying my baby full term*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 29

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** *My body knows how to get pregnant, stay pregnant, give birth and nurture a child*

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 30

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

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**Daily Gratitude:** \_\_\_\_\_

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**Notes:** \_\_\_\_\_



## Your Fertility Journal Month 3 – Day 31

Date

Cycle Day

BBT

**Breakfast:**

**Snack:**

**Lunch:**

**Snack:**

**Dinner:**

**Water:**



**Supplements – Herbs -Therapies**

**Daily Affirmation:** \_\_\_\_\_

\_\_\_\_\_

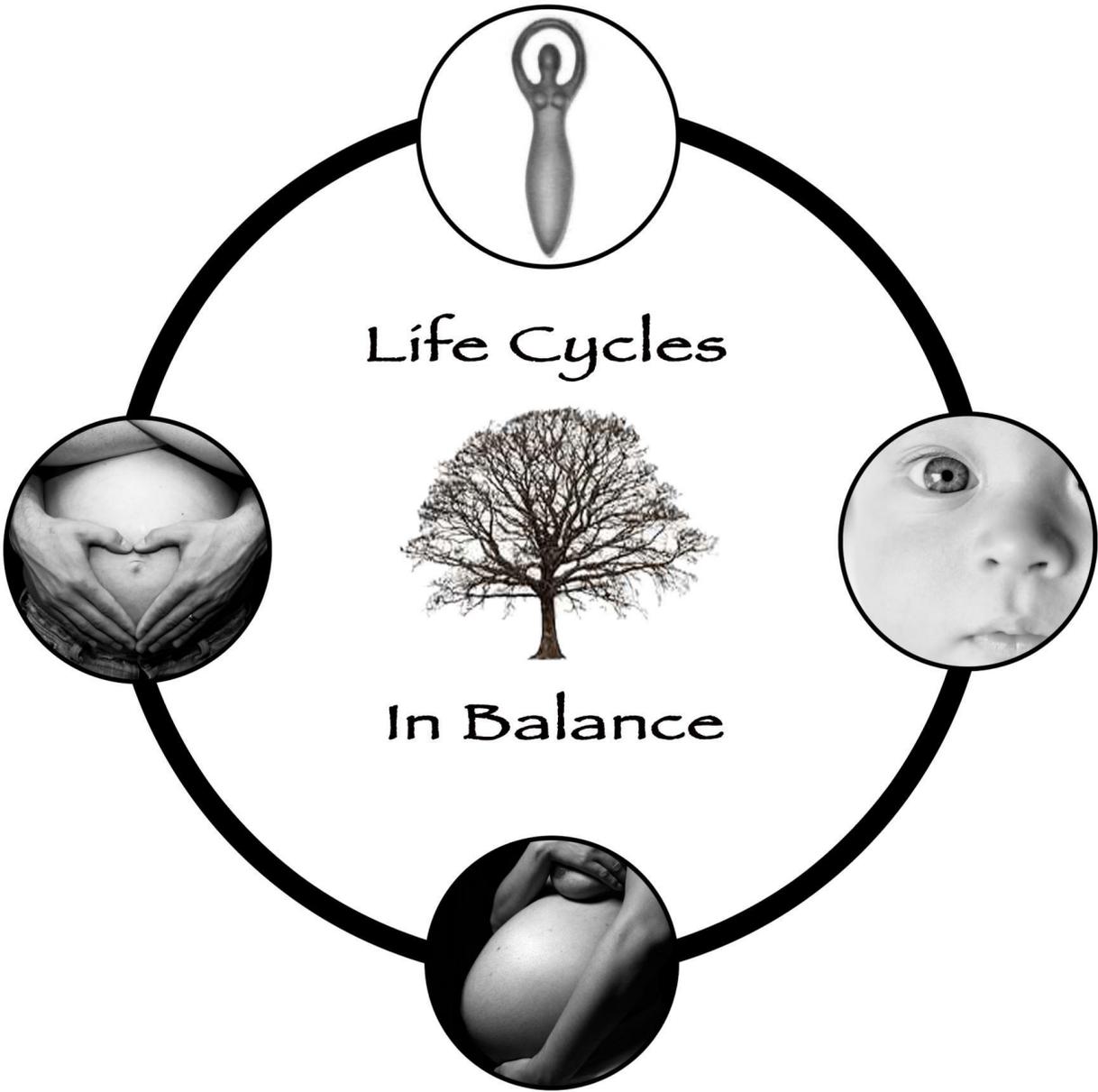
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**Daily Gratitude:** \_\_\_\_\_

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\_\_\_\_\_

**Notes:** \_\_\_\_\_



[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)

**Blessings!**

**Best wishes for a successful  
fertility journey!**