



Your Fertility Day

One page. The daily rhythm that changes the environment your next egg is maturing in.

An egg takes roughly 90 days to mature from where it starts to the day you ovulate. Sperm run on a similar cycle. That means the thing you are actually changing today is the environment for three months from now — which is why rhythm beats intensity. Fill this in once, in pencil, and aim to keep it on your worst week, not your best one.

The five anchors

ANCHOR	WHY IT MATTERS	MINE
Sleep & wake window	Repair happens in deep sleep, and short nights make anyone temporarily insulin resistant. Same wake time matters more than the bedtime.	Lights out _____ Up _____
Meal rhythm	Protein and fibre before the carbohydrate flattens the post-meal glucose spike. Skipping meals then over-correcting is the pattern to break.	Meals at _____ / _____ / _____
Walk after eating	Ten minutes after your largest meal does more for post-meal glucose than most supplements.	After _____
Movement	Muscle pulls sugar out of your blood for you. Two or three sessions you will actually keep beats a plan you abandon in week three.	_____
Down-shift	Ten to twenty minutes of genuine nervous-system downtime. Blood flow to the pelvis is decided by a system that answers to safety.	_____

This week

Tick what actually happened. The pattern over a month is the data, not any single day.

	MON	TUE	WED	THU	FRI	SAT	SUN
Woke at set time							
Ate protein first							
Walked after a meal							
Moved							
Down-shifted							
Lights out on time							

Six ticks a day is a great week. Four is a normal one. Zero happens, and it isn't a reason to stop — the pattern over a month is what your body responds to.

The one thing I am changing first

Of the five anchors, the one I have the best chance of keeping every day is:

Free 10-minute call, or the Metabolic & Immune Fertility Evaluation (\$100 — \$50 to reserve, \$50 at your visit) at easttowestfertility.com