

ELIZABETH KING COACHING

# IVF PREP CHECKLIST



[elizabethking.com](http://elizabethking.com)



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*The road to pregnancy isn't one you should take alone. Here is everything you can do to help yourself in the process.*

## Faith

Get your spiritual practice in check. God, Universe, Buddha, whatever it is that bring you solice; let them know you will be visiting a lot more!



## Speed Date

I suggest my clients interview three doctors to find the right fit. There will be many interactions with the doctor and staff, so pick someone you feel great seeing!



## Insurance

Call your insurance company and see what is covered! Don't have insurance? Don't fret. Some doctors will give cash discounts. Talk to the billing team and see what they can do to work with you.



## Move Your Body

30 minutes a day at a minimum is good for your mental and physical health. If you already do more, you go, you overachiever you!

## Drink Your Water

So much of the body needs water, especially our girly insides. The recommendation\* is generally 1/2-1 oz of fluid for each pound of body weight, so drink up!



\*National Academies of Science, Engineering and Medicine

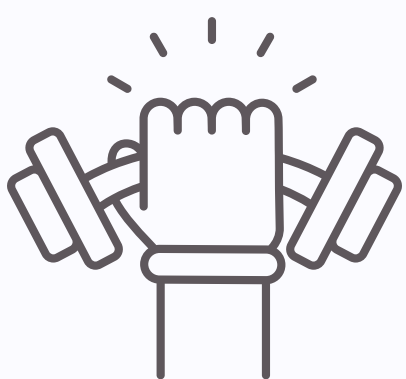
## Date Your Partner

This time will most likely not be the easiest on you both, so put dates on the calendar. Make a special night at least once a month to talk about non-baby related topics.



## Mental Strength

Making sure you are spiritually and mentally ready will not only help you through the journey, but in your daily life. Start a meditation practice or a daily journal to track how you are feeling through your process.



## Supplements

Make sure you are taking your prescription-grade prenatal vitamin. Invest in great, high-quality Vitamin C, D, Iron, Zinc, and Magnesium.

## Get Your Sleep

Your body needs rest to recover and regulate your hormone levels. Prepare for a night of great sleep by turning off the screens and investing time in a great self-care routine before bed.



## Invest in You

Prepare yourself: this will be a difficult journey, both emotionally and physically. Invest in support that you can call your "Go-To Gal", so you can ask questions, feel heard, cry with, and celebrate your wins. Having someone to talk to throughout your journey is going to be the key to your success.