



REAL FERTILITY TALK

Free TTC Guide

By Tauni Maya

Real Fertility Talk

Trying to Conceive? Start Here.

Your Real Fertility Talk Checklist to Feel a Little More in Control

This is for anyone trying to conceive—whether you're just getting started or feeling overwhelmed by the noise. It's not about perfection. It's about clarity, confidence, and taking one step at a time.

Step 1: Get Grounded in Your Cycle

- Track at least 1 full cycle (paper, app, or notes)
 - Learn your average cycle length (Day 1 = first full day of bleeding)
 - Identify ovulation window (use OPKs, temps, or cervical mucus)
 - Note physical symptoms or patterns (cramps, mood, discharge)
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Step 2: Get the Basics Checked

- Schedule a preconception appointment with OB/GYN or PCP
 - Request fertility labwork (AMH, TSH, Prolactin, Vitamin D, etc.)
 - Discuss any known diagnoses (PCOS, endo, fibroids, etc.)
 - Ask if a partner's semen analysis is recommended
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Step 3: Support Your Body Naturally

- Take a prenatal with folate (not folic acid)
 - Reduce caffeine to under 200mg/day
 - Prioritize 7–8 hours of sleep
 - Drink enough water (aim for half your weight in ounces)
 - Begin reducing alcohol, smoking, and endocrine disruptors
 - Eat more whole foods: leafy greens, healthy fats, protein
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Step 4: Check in with Your Emotions

- Ask yourself: “Am I feeling hopeful or stressed?”
 - Journal, pray, or talk it out—don't bottle it up
 - Set gentle boundaries around fertility convos
 - Follow accounts that uplift (not trigger) you
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Step 5: Know When to Ask for Support

- Reach out to a fertility coach, therapist, or support group

- Ask your doctor about next steps if trying for 6–12 months
 - Have a real convo with your partner about timing, finances, & fears
 - Remember: asking for help = strength, not weakness
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♡ **You don't have to do this alone** ♡

This is your journey, and you deserve support that's real—not just clinical. If you're looking for 1:1 fertility coaching, [click here to learn more](#).