



# Passport to Maternal Health: Preparing for Pregnancy



Name: \_\_\_\_\_

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

## Exhibit 1: Preparing for Pregnancy Overview

When should **women** begin preparing for pregnancy? \_\_\_\_\_

When should **men** begin preparing for pregnancy? \_\_\_\_\_

## Exhibit 2: Lifestyle and Preparing for Pregnancy

List 3 or more examples of healthy habits you would like to continue or improve while preparing for pregnancy.

---

---

## Exhibit 3: Physical Activity for Fertility and Pregnancy

For the four key areas of structured exercise and the 10,000 steps per day guideline, note what you are currently achieving and what you want to do to change to meet the physical activity recommendations.

Strength: \_\_\_\_\_

Flexibility: \_\_\_\_\_

Balance: \_\_\_\_\_

Steps per day: \_\_\_\_\_

Cardiovascular: \_\_\_\_\_

## Exhibit 4: Preconception Nutrition and Healthy Eating

List 2 healthy eating improvements you are willing to try to improve your nutrition and your chances of getting pregnant.

---

---

## Exhibit 5: Healthy Hydration

List ways you can improve your hydration so you can consume more water and hydrate well.

---

---

## Exhibit 6: Vitamins for Fertility

Women preparing for pregnancy should take a multivitamin that contains \_\_\_\_\_ of Folic Acid.

## Exhibit 7: Preconception Counseling and Genetic Screening

List 3 potential areas of discussion during a preconception counseling visit.

---

---

## Exhibit 8: Preventative Care

Review the recommendations for vaccines. List any that you need to check the status of and schedule needed vaccinations or booster shots.

---

---

---

## Exhibit 9: Infertility

Two potential causes of female infertility are: \_\_\_\_\_ & \_\_\_\_\_ .

Two potential causes of male infertility are: \_\_\_\_\_ & \_\_\_\_\_ .

## Exhibit 10: Alternative Reproductive Options

What alternative reproduction options are you willing to consider if you have difficulty becoming pregnant and carrying a baby to term.

---

---

## Exhibit 11: Environmental Exposures

What environmental exposures can you change to reduce your risk of toxic exposure?

---

---

---

## Exhibit 12: Guide to Buying Organic Produce

List non-organic items that you currently purchase from the “Dirty Dozen” so you can make note to begin purchasing organic for these items that test high for pesticide use:

---

---

## Exhibit 13: Guide to Buying Fish

Exposure to mercury should be reduced \_\_\_\_\_ months prior to pregnancy?

## Exhibit 14: Healthy Fats and Oils for Cooking

What oils would you substitute to ensure you are cooking with the right fats?

---

---